

Getting the flu is no fun

The flu shot is the first and most important step for prevention. The Centers for Disease Control and Prevention recommends the flu shot for those 6 months and older. Flu season usually starts in October, peaks in December, and can last through the following May.



Call your doctor or one of these pharmacies to get a flu shot at no cost.

Hawaii Island

Costco

KTA Superstores

Longs Drugs/CVS

Shiigi Drug

Walmart

Safeway

Pharmacy list updated July 2025