



Arm yourself against the flu.

The flu is more serious than the common cold

It's also very easy to transmit to other people. The best way to prevent seasonal flu is to get an annual flu vaccination. Everyone in your household should get a yearly vaccination, but it's especially important for:

- Children 6 months old up to their 19th birthday.
- Anyone 50 or older.
- Anyone with a chronic health condition like diabetes, heart or lung disease, liver or kidney disease, sickle cell disease, cancer, alcoholism, persistent asthma, or immunosuppression (including the early stages of HIV).
- Pregnant women.
- Health care workers.
- Anyone living with or caring for someone in any of the above categories or with a child under 6 months old.

How to get your free flu vaccination

Our flu shot clinics open in October throughout Northern California. To find a location near you, call **1-800-KP-FLU-11 (1-800-573-5811)**. Vaccinations are free to Kaiser Permanente members only and will be available throughout the winter.

You'll find a list of our Northern California flu shot clinics on the reverse side of this flyer.

kp.org/flu

Questions about seasonal flu or the 2009 H1N1 (swine) flu? Visit kp.org/flu for helpful advice on preventing and treating seasonal flu—and for the latest news about the H1N1 flu. The seasonal flu vaccination does not protect against the H1N1 virus strain. A separate vaccine for that strain is currently in production.

Tips for flu season

- Get a seasonal flu vaccination every year. A new seasonal vaccine is developed annually.
- It takes up to two weeks for your body to develop protection once you receive the flu vaccination.
- **You can't get the flu from a flu vaccination.**
- Wash your hands often with soap and water or hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Eat healthy foods and exercise regularly.
- If you get the flu, take care of yourself. Get plenty of rest and drink lots of fluids.
- Cover your cough or sneeze with a tissue.
- Use home remedies or over-the-counter medicines to help ease flu symptoms. Antibiotics won't help your body fight viruses like the flu or head and chest colds.
- If you get sick, stay home from work or school to keep from infecting others.

FLU SHOT CLINICS

To find out more about flu shot clinic dates, times, and locations, call **1-800-KP-FLU-11 (1-800-573-5811)**. For more information about your local facility, visit **kp.org** or refer to *Your Guidebook to Kaiser Permanente Services*.

Central California

- Clovis Medical Offices
2071 E. Herndon Ave.
- First Street Medical Offices
4785 N. First St., Fresno
(pediatric only)
- Fresno Medical Center
7300 N. Fresno St. (adult only)
- Manteca Medical Offices
1721 W. Yosemite Ave.
- Modesto Medical Offices
4601 Dale Road
(drive-through available)
- Oakhurst Medical Offices
40595 Westlake Drive
- Selma Medical Offices
2651 Highland Ave.
- Stockton Medical Offices
7373 West Lane
- Tracy Medical Offices
2185 W. Grant Line Road

Diablo and Napa/Solano

- Antioch Medical Center
4501 Sand Creek Road
- Delta Fair Medical Offices, Antioch
3400 Delta Fair Blvd.
- Fairfield Medical Offices
1550 Gateway Blvd.
- Livermore Medical Offices
3000 Las Positas Road
- Martinez Medical Offices
200 Muir Road
- Napa Medical Offices
3285 Claremont Way
- Park Shadelands Medical Offices
350 Lennon Lane, Walnut Creek
- Pleasanton Medical Offices
7601 Stoneridge Drive
- Vacaville Medical Offices
1 Quality Drive
- Vallejo Medical Center
975 Sereno Drive
- Walnut Creek Medical Center
1425 S. Main St.

East Bay

- Alameda Medical Offices
2417 Central Ave.

- Fremont Medical Center
39400 Paseo Padre Parkway
- Hayward Medical Center
27303 Sleepy Hollow Ave.
(pediatric only)
- Oakland Medical Center
3701 Broadway (adult only)
3801 Howe St. (adult only)
Mosswood Building,
3505 Broadway (pediatric only)
- Pinole Medical Offices
1301 Pinole Valley Road
- Richmond Medical Center
901 Nevin Ave.
- Union City Medical Offices
3555 Whipple Road (adult only)

Sacramento

- Davis Medical Offices
1955 Cowell Blvd.
- Elk Grove Medical Offices
9201 Big Horn Blvd.
- Folsom Medical Offices
2155 Iron Point Road
- Lincoln Medical Offices
1900 Dresden Drive
- Point West Medical Offices
1650 Response Road, Sacramento
- Rancho Cordova Medical Offices
10725 International Drive
- Roseville Medical Center
1680 E. Roseville Parkway

San Francisco, Marin, and Sonoma

- Novato Medical Offices
97 San Marin Drive
- Petaluma Medical Offices
3900 Lakeville Highway
- Rohnert Park Medical Offices
Oct. 5 through Nov. 20:
5900 State Farm Drive
- San Francisco Medical Center
Oct. 3 and Oct. 17:
4141 Geary Blvd.
San Francisco
Medical Center
After Oct. 3: 2238 Geary Blvd.,
Lobby (adult only)
2220 O'Farrell St., 6th Floor
Injection Area (pediatric only)

- San Rafael Medical Center
99 Montecillo Road
- Santa Rosa

Oct. 3:

Santa Rosa Richard Stein
Medical Offices

Drive-through:

3975 Old Redwood Highway
(12 and older)

Walk-up:

3925 Old Redwood Highway
(pediatric and adult)

Oct. 5 through Nov. 20:

Santa Rosa Medical Center
Medical Office Building East
401 Bicentennial Way

Santa Rosa Richard Stein
Medical Offices

Medical Office Building 4
3925 Old Redwood Highway

see also Rohnert Park

- West Marin Coastal Health
Alliance, Point Reyes Station
503 B St. (adult only)

South Bay and Peninsula

- Campbell Medical Offices
220 Hacienda Ave.
- Daly City Medical Offices
395 Hickey Blvd. (pediatric only)
- Gilroy Medical Offices
7520 Arroyo Circle
- Milpitas Medical Offices
Oct. 3 and Nov. 7:
Family Flu Clinic
611 S. Milpitas Blvd.
After Oct. 3 (except Nov. 7):
770 E. Calaveras Blvd. (adult only)
589 Los Coches St. (pediatric only)
- Mountain View Medical Offices
555 Castro St.
- Redwood City Medical Center
910 Marshall St.
- San Jose Medical Center
275 Hospital Parkway
- Santa Clara Medical Offices
710 Lawrence Expressway
- South San Francisco Medical Center
1200 El Camino Real (adult only)