Give it your BEST SHOT

Protect yourself and your family from the flu today.

Knowing the facts about the flu can save your life.
The flu spreads easily, in offices, schools, and grocery stores (to name a few places). Make sure you protect yourself and those around you. It starts with knowing the facts – and getting the flu shot.

1. The flu is serious.
   It can lead to complications and hospitalization. In some cases, it can even lead to death. Symptoms may include fever, chills, muscle and body aches, headaches, coughing, sore throat, exhaustion, and vomiting and diarrhea.

2. The flu shot is your best protection.
The Centers for Disease Control and Prevention says the best way to protect yourself against the flu is by getting the flu vaccine.

3. The flu shot does not give you the flu.
The flu vaccine is safe and cannot give you the flu. After you’re vaccinated, it can take two weeks or longer for your body to be fully protected. If you have flu-like symptoms soon after the flu shot, it probably means you were infected before the vaccine had a chance to take effect.

4. Everyone is at risk of getting the flu.
   Anyone can get the flu, even very healthy people. While people 65 and older are most at risk for complications from the flu, healthy children and adults can also end up in the hospital.

5. By protecting yourself, you protect others.
   By getting vaccinated, you help protect yourself and you avoid spreading the flu to people who might be more severely affected by it. And, because children under 6 months can’t be vaccinated, pregnant women and anyone caring for a baby should get the vaccine.

6. The flu shot is covered at no charge.
   If you’re a Kaiser Permanente member, you can get the flu vaccine at no cost.

7. Colds are caused by other viruses.
   A flu shot doesn’t protect you from the common cold. So remember to wash your hands often to help stop the spread of germs.

Protect yourself from the flu today. Get vaccinated.
To find out where to get your flu shot, call 1-800-KP-FLU11 (1-800-573-5811).

kp.org/mydoctor/flu

Kaiser Permanente. thrive
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/mydoctor/flu 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
- Oakhurst Medical Offices
  40595 Westlake Drive
- Selma Medical Offices
  2651 Highland Ave.
- Stockton Medical Offices
  7373 West Lane
  (drive through for adults)
- 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
  320 Lannon Lane, Walnut Creek
- Pleasanton Medical Offices
  7601 Stoneridge Drive
- San Ramon Medical Offices
  2300 Camino Ramon
- 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
  3801 Howe St. and
  3505 Broadway
- Pinole Medical Offices
  1301 Pinole Valley Road
- Richmond Medical Center
  901 Nevin Ave.
- San Leandro Medical Center
  2500 Merced St.
- Union City Medical Offices
  3555 Whipple Road (adult only)

Sacramento
- Davis Medical Offices
  1955 Cowell Blvd.
- Elk Grove Medical Offices
  9201 Big Horn Blvd.
- Elk Grove Promenade Medical Offices
  10305 Promenade Parkway
- 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
  1600 Eureka Road
- Sacramento Medical Center
  2025 Morse Ave.
- South Sacramento Medical Center
  6600 Bruceville Road

San Francisco, Marin, and Sonoma
- Novato Medical Offices
  97 San Marin Drive
- Petaluma Medical Offices
  3900 Lakeville Highway
- Rohnert Park Medical Offices
  5900 State Farm Drive (adults only)
- San Francisco Medical Center
  2238 Geary Blvd.
  Lobby (adult only)
  2220 O’Farrell St., 4th Floor
  (pediatric only)
- San Rafael Medical Center
  99 Montecillo Road

Santa Rosa
- Santa Rosa Medical Offices
  401 Bicentennial Way
  (adult only)
  3925 Old Redwood Highway
  (pediatric only)
  see also Rohnert Park

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
  611 S. Milpitas Blvd.
- Mountain View Medical Offices
  555 Castro St.
- Redwood City Medical Center
  1190 Veterans Blvd.
- San Jose Medical Center
  275 Hospital Parkway
- San Mateo Medical Offices
  1000 Franklin Parkway
- Santa Clara Medical Offices
  710 Lawrence Expressway
- South San Francisco Medical Center
  1200 El Camino Real (adult only)