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.

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)