

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 (more likely in children) 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).

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 Lennon 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)