

# Arm yourself against the flu.



## Protect yourself with a free flu vaccination.

Everyone should get a yearly flu 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.
- Pregnant women.
- Health care workers.
- Anyone living with or caring for someone in any of these categories, or with a child under 6 months old.

### Questions about seasonal flu or H1N1 flu?

Visit [kp.org/flu](http://kp.org/flu) for helpful advice on preventing and treating seasonal flu, and for the latest news about the novel (new) H1N1 flu. The seasonal flu vaccination does not protect against the novel H1N1 virus strain. A separate vaccine for that strain is currently in production.

Free flu vaccinations are available to Kaiser Permanente members only. Please bring your Kaiser card and photo identification.

### Adult & Pediatric Flu Shots

#### San Rafael Medical Center

99 Montecillo Road, MOB 2, Parking Lot A  
Children's shots in the Pediatric Department  
**Saturdays, October 3, 10, 17 & 24**  
9 am to 12 noon & 1 pm to 4 pm

#### Novato Medical Offices

97 San Marin Dr., Building A, Conference Room A  
**Tuesdays & Fridays, 2 pm to 4:30 pm**  
October 6 to November 20

#### Petaluma Medical Offices

3900 Lakeville Highway, MOB 1, 1<sup>st</sup> Floor  
**Wednesdays, 2 pm to 4 pm**  
**Thursdays, 9 am to 11 am**  
October 7 to November 12

#### Point Reyes

At the Dance Palace, 503 B Street  
**Wednesday, October 7**  
3 pm to 6 pm

[kp.org/flu](http://kp.org/flu)

For updates call (415) 444-4154 or (707) 765-3560