



## **Flu Shot Information: for the week of March 15 Kaiser Permanente San Rafael, Petaluma & Novato**

**Please check our flu shot hotline for the latest information on how to get a flu shot.**

**(415) 444-4154 or (707) 765- 3560**

**The symptoms of seasonal and H1N1 flu are similar – fever, cough, sore throat, body aches, headache, tiredness and sometimes vomiting or diarrhea.**

**If you have any of these symptoms, please do not visit your loved ones in the hospital.**

**If you have mild symptoms stay home to keep from spreading flu to other people. Mild systems can be treated at home.**

**If you have severe symptoms, please call the Appointment and Advice Call Center. They will advise you what to do.**

**For more information about seasonal and H1N1 flu visit:**

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

**<http://www.cdc.gov/h1n1flu/vaccination>**