

# BE A LOVE BUG, NOT A FLU BUG.

Get your free flu shot and spread health



A vaccination is recommended for :

- All children 6 months to 18 years.
- Anyone 50 and older.
- Anyone with a chronic health condition.
- Pregnant women.
- Health care workers.
- Anyone living with or caring for someone in one of these categories or with a child under 6 months old.

## ADULT FLU SHOT CLINICS

<b>San Rafael Medical Center</b> 99 Montecillo Road MOB 2, Parking Lot A	<b>Saturdays</b> <b>October 18 to November 15</b> <b>9 am to 12 noon &amp; 1 pm to 4 pm</b>
<b>Novato Medical Offices</b> 97 San Marin Drive Building A, Conference Room A	<b>Tuesdays &amp; Fridays</b> <b>October 21 to November 14</b> <b>2 pm to 4:30 pm</b>
<b>Petaluma Medical Offices</b> 3900 Lakeville Highway Medical Office Building, 1 <sup>st</sup> Floor	<b>Wednesdays, 2 pm to 4 pm</b> <b>Thursdays 9 am to 11 am</b> <b>October 22 to November 20</b>
<b>Mill Valley Medical Offices</b> 1206 Strawberry Village Mill Valley	<b>Wednesdays</b> <b>October 22 – November 12</b> <b>9 am to 12 noon &amp; 2 pm to 4:30 pm</b>

For updates or Pediatric Flu Shot Information call 415-444-4154 or 707-765-3560

Please bring your Kaiser card, photo ID and wear short sleeves

Kaiser Permanente Northern California Flu shot information  
 1-800-KP-FLU-11 (1-800-573-5811)  
 or visit [kp.org/flu](http://kp.org/flu) for more flu clinic information.