

REMEMBER...

The flu shot is your best protection.

Update
December 15

THE LAST TIME YOU GOT THE FLU?

The flu is more serious than the common cold. It could land you in the hospital. Everyone 6 months or older should get a flu shot.

Protect yourself and those around you. Get a flu shot this year, at no cost to Kaiser Permanente members.

For more information, call (415) 444-4154 or (707) 765-3560 or visit your doctors homepage at kp.org/mydoctor

kp.org/flu

ADULT FLU SHOTS

San Rafael Medical Center

99 Montecillo Road, Medical Office Building 2, 2nd floor

Drop into your Doctor's office

9:30 am to 11:30 am or 2 pm to 4 pm

Monday through Friday

Novato Medical Offices

97 San Marin Dr., Building A, Conference Room A

Drop into your Doctor's office

9:30 am to 11:30 am or 2 pm to 4 pm

Monday through Friday

Petaluma Medical Offices

3900 Lakeville Highway, MOB 1, 1st Floor

Drop into your doctors office on

Mon, Tue, Thur, Fri

9 am to noon or 2 pm to 4 pm

Wed 10 am to noon or 2 pm to 4 pm

PEDIATRIC FLU SHOTS

Drop into your doctors office Tue, Wed, Thurs 9am to 11am & 2pm to 4 pm

San Rafael Medical Center, 99 Montecillo Road

Novato Medical Offices, 97 San Marin Drive

Petaluma Medical Offices, 3900 Lakeville Highway