

# REMEMBER...

The flu shot is your best protection.

## 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 **1-800-KP-FLU-11 (1-800-573-5811)**.

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

<b>East Roseville Parkway Building</b> 1680 E. Roseville Parkway Monday — Saturday 9 a.m. to 4:30 p.m. *Wednesdays to 7 p.m.	<b>Lincoln Medical Office Building</b> 1900 Dresden Road Monday — Friday 9 a.m. to 4:30 p.m.	<b>Folsom Medical Office Building</b> 2155 Iron Point Road Monday — Friday 9 a.m. to 4:30 p.m.
<b>Sacramento Medical Center</b> 2025 Morse Ave. Basement, LL7 near MRI Monday — Friday 9 a.m. to 4:30 p.m. *Wednesdays to 7 p.m.	<b>Davis Medical Office Building</b> 1955 Cowell Blvd. Tuesdays, 9 a.m. to Noon Thursdays, 1:45 to 6 p.m.	<b>Point West Medical Office Building</b> 1650 Response Rd., Sacramento Monday — Saturday 9 a.m. to 4:30 p.m. *Wednesdays to 7 p.m.
<b>Roseville Medical Center</b> 1600 Eureka Road Medical Office Building 2(C), behind the lab Monday — Saturday 9 a.m. to 4:30 p.m. *Wednesdays to 7 p.m.	<b>Flu Shots are Free for Kaiser Permanente Members</b>	<b>Rancho Cordova Medical Office Building</b> Conf. rm. 6, across from Pediatrics 10725 International Drive Monday — Friday 9 a.m. to 4:30 p.m.