

Arm yourself against the flu



Protect yourself with a free flu vaccination.

The seasonal flu is more serious than the common cold and is easily transmitted to others.

Everyone should get a yearly seasonal 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.

Our flu shot clinics open starting October 14 at select locations in San Diego County.

To find a location near you, call **619-641-4279** or toll free or **1-866-70-NO-FLU (1-866-706-6358)**.

Flu shots will be available throughout the winter. Free vaccinations are available to Kaiser Permanente members only.

Questions about seasonal flu or H1N1 (swine) flu? Visit 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 doesn't protect against the novel H1N1 virus strain. A separate vaccine for that strain is now in production.

Flu clinics in San Diego

The flu hotline for these facilities is **(619) 641-4279** (English/Spanish).

- **Bonita Medical Offices** - 3955 Bonita Rd. Bonita, CA 91902
Hours: Monday, Tuesday, Thursday, Friday, 9 a.m.-4:30 p.m. Wednesday, 9 a.m. to 12 p.m.
- **Bostonia Medical Offices** - 1630 E. Main St., El Cajon, CA 92021
Hours: Monday, Tuesday, Thursday, Friday, 9 a.m.-4:30 p.m. Wednesday, 9 a.m. to 12 p.m.
- **Carlsbad Medical Offices** - 6860 Avenida Encinas, Carlsbad, CA 92009
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **Clairemont Mesa Medical Offices** - 7060 Clairemont Mesa Blvd., San Diego, CA 92111
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **Escondido Medical Offices** - 732 N. Broadway St., Escondido, CA 92025
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **La Mesa Medical Offices** - 8080 Parkway Dr., La Mesa, CA 91942
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **Otay Mesa Outpatient Medical Center** - 4650 Palm Ave., San Diego, CA 92154
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **Point Loma Medical Offices** - 3250 Fordham St., San Diego, CA 92110
Hours: Monday, Tuesday, Thursday, Friday, 9 a.m.-4:30 p.m. Wednesday, 9 a.m. to 12 p.m.
- **Rancho Bernardo Medical Offices** - 17140 Bernardo Center Drive, San Diego, CA 92128
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **Rancho San Diego Medical Offices** - 3875 Avocado Blvd., La Mesa, CA 91941
Hours: Monday, Tuesday, Thursday, Friday, 9 a.m.-4:30 p.m. Wednesday, 9 a.m. to 12 p.m.
- **San Diego Medical Center** - 4647 Zion Ave., San Diego, CA 92120
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **San Marcos Outpatient Medical Center** - 400 Craven Rd., San Marcos, CA 92078
Hours: Monday through Friday, 9 a.m.-4:30 p.m.
- **Vandever Medical Offices** - 4405 Vandever Ave., San Diego, CA 92120
Hours: Monday through Friday, 9 a.m.-4:30 p.m.

The Oceanside Medical Office Building will not have a walk-in Flu Shot Clinic. Please visit our Carlsbad or San Marcos Medical Offices or schedule an appointment at any of our Nurses Clinic to receive a flu shot.