



# We have a flight to catch. We're getting the flu shot.

## Get your no-cost flu shot—don't wait.

The flu is much more serious than the common cold. Protect yourself and your loved ones from serious health risks with a yearly flu shot. They're available at no cost to Kaiser Permanente members.

**Join Us September 23, 2017**

**8:00am -4:00pm**

**Get your free flu shot and a variety of other prevention screenings, all in one visit.**

### **La Mesa**

8080 Parkway Dr.  
La Mesa, CA 91941

### **Otay Mesa**

4650 Palm Ave  
San Diego, CA 92154

### **Services**

Free Flu Shots  
Laboratory Services  
Kp.org Registration  
Pediatric Vaccinations  
Mammograms by appointment  
Pneumovax and Tdap Vaccines

### **San Marcos**

400 Craven Road  
San Marcos, CA 92069

### **Vandever**

4405 Vandever Ave  
San Diego, CA 92120

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington, 320 Westlake Ave. N., Suite 100, Seattle, WA 98109

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



## **Language Assistance Services**

**English:** Language assistance is available at no cost to you, 24 hours a day, 7 days a week. You can request interpreter services, materials translated into your language, or in alternative formats. Just call us at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays). TTY users call **711**.

**Spanish:** Contamos con asistencia de idiomas sin costo alguno para usted 24 horas al día, 7 días a la semana. Puede solicitar los servicios de un intérprete, que los materiales se traduzcan a su idioma o en formatos alternativos. Solo llame al **1-800-788-0616**, 24 horas al día, 7 días a la semana (cerrado los días festivos). Los usuarios de TTY, deben llamar al **711**.

**Chinese:** 您每週7天，每天24小時均可獲得免費語言協助。您可以申請口譯服務、要求將資料翻譯成您所用語言或轉換為其他格式。我們每週7天，每天24小時均歡迎您打電話**1-800-757-7585** 前來聯絡（節假日休息）。聽障及語障專線 (TTY) 使用者請撥**711**。