



2009 Alameda County Seasonal Flu Schedule

CASTRO VALLEY				
First Presbyterian Church 2490 Grove Way	Sunday, December 6	10 AM to 12 PM	Medicare, Part B, non HMO-no charge Pregnant women; other adults-\$30	Sutter VNA & Hospice http://www.suttervna.org/ (800) 698-1273

Tips to Find Seasonal Flu Vaccine: Many health providers have run out of seasonal flu vaccine but may be expecting additional shipments. Please check either online or by phone with your provider or local pharmacy to confirm whether or not they have vaccine.

- ❖ Kaiser Permanente-If you are a Kaiser member, flu shots are available at no charge. Call 1-800-573-5811 or visit their web site <http://www.kp.org/flu>. to check on supplies and details. Kaiser is experiencing shortages for both seasonal and H1N1. Please check with Kaiser before going to their clinic sites.
- ❖ Sutter Visiting Nurses and Hospice provides flu shots throughout the community. They charge \$25 (\$30 for pregnant women) for a flu shot or will bill Medi-Care, Part B, non HMO for persons who have that coverage. The shot is provided at no cost for those persons. Call them at 1-800-500-2400
- ❖ Many pharmacies that usually provide seasonal flu vaccines no longer have any vaccine. It is best to check with them first to see if this has changed.