



insider

**TWO
DIFFERENT
FLU SHOTS
THIS
SEASON
INSIDE!**

Staff News for Santa Rosa Junior College, October 16, 2009

10/15@10:15AM



On October 15 at 10:15 AM, the Sonoma County Junior College District will participate in a statewide emergency exercise, **"THE GREAT SHAKE OUT."** Members of the college community will be asked to take part in the 15-minute exercise, which will provide basic earthquake information about the 'Drop, Cover and Hold' method for personal protection in classrooms, labs, and offices.

The first 10 minutes will focus on how to best find cover; the final five minutes will review the Evacuation Assembly Areas shown in SRJC's *Emergency Preparedness Handbook*, which is posted in all college classrooms, offices, labs, and general assembly areas. "The Great Shake Out" will give District students, faculty, and staff the opportunity to:

1. **Assess and review classroom and office response procedures that should be used during an actual seismic emergency**
2. **Evaluate the instructions and usability of the Emergency Preparedness Handbook**
3. **Offer specific instruction on how to respond during an earthquake using the 'Drop, Cover, and Hold procedure**
4. **Evaluate the location and number of Evacuation Assembly Points**

Following the exercise, participants will be asked to submit suggestions about any additional training and exercises that may be needed to prepare for disasters to the District's Emergency Management Coordinator Don Silverek at dsilverek@santarosa.edu or (707) 535-3789.



Seasonal Flu Shots (NOT H1N1) Now Available Through Medco and Kaiser

This year we are faced with an unusual flu season, **WITH TWO SEPARATE INFLUENZAS** expected in our community. The seasonal flu typically arrives in November. A vaccine for this flu is widely available in Sonoma County. The CDC recommends that everyone get vaccinated for the **SEASONAL FLU** now to help reduce the impact in our community when it arrives. Local pharmacies, doctor's offices, Kaiser, SISC, and the Public Health Department are now offering seasonal flu shots now.

The H1N1 influenza, or swine flu, has been atypically present in Sonoma County all summer, and has received needed attention as we move through the fall semester. Until the **H1N1 VACCINE** is available, SRJC is doing what it can to minimize the flu's impact as much as possible by promoting prevention information that encourages individuals who become ill to isolate themselves at home immediately. By doing so, we hope to avoid large, disruptive outbreaks of the flu, due to high absenteeism. While those who have been identified as the most vulnerable are pregnant women and those with asthma, diabetes or heart conditions, it's important to remember that most people will recover from the H1N1 flu without complications.

The message from Public Health <http://www.flu.gov/> is **AT RISK INDIVIDUALS SHOULD GET BOTH SHOTS THIS YEAR!**

Listed below are shot clinic locations for SRJC active employees.

If you have insurance benefits questions call Louise Burke in Human Resources at ext. 4304.

KAISER

KAISER WILL PROVIDE SEASONAL FLU SHOTS (NOT H1N1) AT THE MEDICAL GROUPS:

Santa Rosa Medical Center		
Medical Office Building East	401 Bicentennial Way	October 5-November 20, Monday -Friday, 10 AM-6 PM
Medical Office Building 4	3925 Old Redwood Highway	October 5-November 20, Monday -Friday, 10 AM-6 PM
Rohnert Park Medical Offices	5900 State Farm Drive	October 5-November 20, Monday-Friday, 10:00 AM-6:00 PM
San Rafael Medical Center	99 Montecillo Road, MOB 2, Lot A	October 10, 17 & 24, Saturdays, 9:00 AM to noon, 1-4 PM
<i>Children's shots in the Pediatric Department</i>		
Novato Medical Offices	97 San Marin Dr., Bldg A	October 6-November 20, Tuesdays & Fridays, 2:00- 4:30 PM
Conference Room A		
Petaluma Medical Offices	3900 Lakeville Hwy, MOB 1, 1st Flr	October 7-November 12, Wed, 2-4 PM, Thursdays, 9-11 AM
Call 765-3560 for updates		

MEDCO (SISC)

SEASONAL FLU SHOTS (NOT H1N1) ARE PROVIDED BY MEDCO AT THESE LOCATIONS:

SISC Members must present their Medco Rx ID card (not Blue Shield). Call the pharmacy first to verify participation in the Medco Flu Shot Program at zero co-pay for SISC members, and find out if an appointment is needed.

STORE	ADDRESS	CITY/STATE/ZIP	PHONE
SAFEWAY PHARMACY #1883	103 AMERICAN CANYON RD	AMERICAN CANYON, CA 94503	(707) 649-5160
RALEY'S #0381	892 SOUTHAMPTON RD	BENICIA, CA 94510	(707) 746-5565
RITE AID #05910	60 SOLANO SQ	BENICIA, CA 94510	(707) 746-0229
SILVERADO PHARMACY	1348 LINCOLN AVE	CALISTOGA, CA 94515	(707) 942-5115
LAKE PHARMACY	15230 LAKESHORE RD	CLEARLAKE, CA 95422	(707) 994-3141
RITE AID #06026	15025 OLYMPIC DR	CLEARLAKE, CA 95422	(707) 994-8677
RITE AID #05959	431 CORTE MADERA TOWN CTR	CORTE MADERA, CA 94925	(415) 924-4557
RITE AID #06029	525 HEALDSBURG AVE	HEALDSBURG, CA 95448	(707) 431-1119
SAFEWAY PHARMACY #0998	1115 VINE ST	HEALDSBURG, CA 95448	(707) 431-0128
KELSEYVILLE PHARMACY	3720 MAIN ST	KELSEYVILLE, CA 95451	(707) 279-1561
NORTH LAKE MEDICAL PHCY	5136 HILL RD E	LAKEPORT, CA 95453	(707) 263-6192
K MART #4819	2019 S MAIN ST	LAKEPORT, CA 95453	(707) 263-9051
NORTH LAKE MEDIC PHCY #2	355 LAKEPORT BLVD	LAKEPORT, CA 95453	(707) 263-1328
SAFEWAY PHARMACY #0983	1071 11TH ST	LAKEPORT, CA 95453	(707) 263-8779
RITE AID #06037	1500 ANNA SPARKS WAY STE D	MCKINLEYVILLE, CA 95519	(707) 839-1563
RITE AID #05928	1491 W IMOLA AVE	NAPA, CA 94559	(707) 255-4218
SAFEWAY PHARMACY #0913	1620 CLAY ST	NAPA, CA 94559	(707) 252-0170
RALEY'S #0369	217 SOSCOL AVE	NAPA, CA 94559	(707) 224-1269

SAFEWAY PHARMACY #2449	3375 JEFFERSON ST	NAPA, CA 94558	(707) 225-3040
PHARMACA INTEGRATIVE PHARMACY	4020 BEL AIRE PLAZA	NAPA, CA 94558	(707) 253-0970
CVS PHARMACY #07141	291 S COOMBS ST	NAPA, CA 94559	(707) 252-0101
RITE AID #05963	910 DIABLO AVE	NOVATO, CA 94947	(415) 898-1905
SAFEWAY PHARMACY #0729	440 IGNACIO BLVD	NOVATO, CA 94949	(415) 883-4616
PHARMACA INTEGRATIVE PHCY REDWOOD	7514 REDWOOD BLVD # 104	NOVATO, CA 94945	(415) 892-3722
SAFEWAY PHARMACY #0796	373 S MCDOWELL BLVD	PETALUMA, CA 94954	(707) 762-1479
THE MEDICINE SHOPPE #0376	300 WASHINGTON ST	PETALUMA, CA 94952	(707) 778-6363
RALEY'S PHARMACY #329	157 N MCDOWELL BLVD	PETALUMA, CA 94954	(707) 765-9100
RITE AID #05960	6345 COMMERCE BLVD	ROHNERT PARK, CA 94928	(707) 584-7171
RALEY'S #0377	125 RALEYS TOWNE CTR	ROHNERT PARK, CA 94928	(707) 585-3444
SAFEWAY PHARMACY #0918	6340 COMMERCE BLVD	ROHNERT PARK, CA 94928	(707) 585-5960
RITE AID #05957	471 3RD ST	SAN RAFAEL, CA 94901	(415) 454-7744
MARIN MEDICAL PHARMACY	750 LAS GALLINAS AVE	SAN RAFAEL, CA 94903	(415) 479-1930
RITE AID #05958	1500 NORTHGATE MALL	SAN RAFAEL, CA 94903	(415) 492-0888
WALGREENS #04625	830 3RD ST	SAN RAFAEL, CA 94901	(415) 482-8700
SAFEWAY PHARMACY #0932	950 LAS GALLINAS AVE	SAN RAFAEL, CA 94903	(415) 467-8221
ELEPHANT PHARMACY #2	909 GRAND AVE	SAN RAFAEL, CA 94901	(415) 462-6001
RITE AID #06023	1551 FARMERS LN	SANTA ROSA, CA 95405	(707) 544-4050
RALEY'S #0353	1407 FULTON RD # B	SANTA ROSA, CA 95403	(707) 546-4315
SAFEWAY PHARMACY #1265	2785 YULUPA AVE	SANTA ROSA, CA 95405	(707) 524-4648
WALGREENS #06722	4610 SONOMA HWY	SANTA ROSA, CA 95409	(707) 538-9275
SAFEWAY PHARMACY #0713	100 CALISTOGA RD	SANTA ROSA, CA 95409	(707) 539-2129
WALGREENS #03297	3093 MARLOW RD	SANTA ROSA, CA 95403	(707) 569-8504
THE MEDICINE SHOPPE PHCY #1853	990 SONOMA AVE	SANTA ROSA, CA 95404	(707) 544-1480
RITE AID PHARMACY 04212	SWC STONY PT & SEBASTOPOL RD	SANTA ROSA, CA 95407	(707) 526-3015
SAFEWAY PHARMACY #0933	406 N MAIN ST	SEBASTOPOL, CA 95472	(707) 823-1037
RITE AID #06031	218 N MAIN ST	SEBASTOPOL, CA 95472	(707) 829-3007
SAFEWAY PHARMACY #0911	477 W NAPA ST	SONOMA, CA 95476	(707) 996-3697
RITE AID #06032	19205 SONOMA HWY	SONOMA, CA 95476	(707) 938-0281
PHARMACA INTEGRATIVE PHARMACY	303 W NAPA ST	SONOMA, CA 95476	(707) 938-1144
RALEY'S #0388	1325 N STATE ST	UKIAH, CA 95482	(707) 468-5156
RITE AID #06033	680 S STATE ST	UKIAH, CA 95482	(707) 462-6850
SAFEWAY PHARMACY #1583	653 S STATE ST	UKIAH, CA 95482	(707) 467-2712
BLUE DRUG INC	707 S DORA ST	UKIAH, CA 95482	(707) 468-4333
WALGREENS #09525	308 E PERKINS ST	UKIAH, CA 95482	(707) 462-1265
RALEY'S #0382	3063 ALAMO DR	VACAVILLE, CA 95687	(707) 447-2526
RITE AID #06064	2050 NUT TREE RD	VACAVILLE, CA 95687	(707) 446-4935
SAFEWAY PHARMACY #1109	2090 HARBISON DR	VACAVILLE, CA 95687	(707) 452-7279
WALGREENS #02644	2010 ALAMO DR	VACAVILLE, CA 95687	(707) 451-8304
RITE AID #05945	2055 SOLANO AVE	VALLEJO, CA 94590	(707) 552-1476
SAFEWAY PHARMACY #0989	774 ADMIRAL CALLAGHAN LN	VALLEJO, CA 94591	(707) 554-8060
RALEY'S #0397	4300 SONOMA BLVD	VALLEJO, CA 94589	(707) 642-2284
WALGREENS #02575	2647 SPRINGS RD	VALLEJO, CA 94591	(707) 557-5974
WALGREENS #03171	1050 REDWOOD ST	VALLEJO, CA 94590	(707) 557-6948
SAFEWAY PHARMACY #1631	122 ROBLES WAY	VALLEJO, CA 94591	(707) 554-6908
RALEY'S #0356	8858 LAKEWOOD DR	WINDSOR, CA 95492	(707) 838-4319
SAFEWAY PHARMACY #1434	9040 BROOKS RD S	WINDSOR, CA 95492	(707) 837-2002