about this health guide

Student Health & Counseling Services (SHCS) has provided this Student Health Guide with information on a few topics you may find yourself encountering during your college career. However, the information does not stop here. If you have any questions or concerns regarding your health at any time, please contact us by visiting our website or stopping by our two locations - the Student Health Center (SHC) and the Wellness Center at the Recreation and Wellness Center (RAW). We’re here to serve your health and wellness needs so that you can make the most out of your college experience at Cal State East Bay.

Topics in this health guide include:

- Student Health & Counseling Services 2
- Wellness Center 3
- Getting Started 4
- Nutrition 5
- Physical Activity 5
- Cold & Flu 6
- Sleep 7
- Stress 7
- Alcohol 8
- Sexual Assault 8
- Sexual Health 9
- Tobacco 9
- Get Involved 10
- After-Hours Care 10

SHCS = Student Health & Counseling Services
RAW = Recreation & Wellness Center
Medical Care - General medical visits with a health care practitioner for the care and treatment of acute illnesses and injuries, health education and family planning are available. Male and female physicians are on staff and can be requested if desired.

Personal Counseling - SHCS provides free confidential individual, couples, and group counseling to all currently enrolled CSUEB students. Some areas where counseling can be helpful are relationship issues, depression, anxiety, drug and alcohol issues, stress, feeling overwhelmed, grief, and loss.

Laboratory - The laboratory performs basic tests including urinalysis, pregnancy, rapid strep and mono.

Optometry - Services include comprehensive eye examination, contact lens exam and fitting, and a wide selection of contemporary glasses and contact lenses.

Orthopedics - For those interested in an evaluation and treatment of bone and joint injuries of the body including acute injuries and chronic problems.

Pharmacy - Over-the-counter and prescription medication products are available for less than retail costs.

Physical Therapy - Physical Therapist’s work to restore function, improve mobility and decrease pain due to disabilities, impairments, or limitations in overall physical function as a result of disease, injury or pathological processes with the goal of restoring a patients prior functional level.

Psychiatry - Psychiatry is for students who are seeking an evaluation for medication for mental health issues such as depression, anxiety, and social phobia, and others.

Radiology - Basic x-rays are available. We do not offer MRI or Mammography.

Reproductive Health Services include educational sessions, urinary/genital exams, gynecological exams, testicular exams, pregnancy tests, contraceptive methods such as condoms, oral contraceptive pills, and emergency contraception.

Health Promotion & Education - The Health Promotion Department offers a wide range of health education and prevention services. In addition to our clinics and events, we have educational resources and services that are available and free at the Student Health Center or at the Wellness Center at RAW!

Alcohol, Tobacco, and Other Drugs (ATOD) Clinic
One-on-one counseling sessions in a nonjudgmental confidential environment are available for students who wish to quit, cut back, or just explore their own personal alcohol, tobacco, and marijuana use.

- Brief Alcohol Screening Intervention for College Students (BASICS)
- Brief Marijuana Screening Intervention for College Students (BMSICS)
- Quit Smoking Program

HIV Testing - For those interested in getting tested for HIV and learning about HIV/AIDS. Anonymous and confidential testing is available. The OraSure method is used which is needle-less and has 99.97% accuracy.

Sexual Health Education Session - This session is recommended before seeing a medical provider for reproductive or sexual health needs. Students will learn about birth control methods, sexually transmitted infections, communicating with a partner and more! We assist you to make responsible decisions about your sexual health. Both partners are encouraged to attend, but not necessary.
RECREATION AND WELLNESS CENTER

Current CSUEB students paying the University Union Recreation student fee (as part of student tuition) will have free membership to RAW for each relevant quarter.

Membership includes access to the:
- Fitness Center
- Gymnasium*
- Indoor Track
- Multipurpose Studios*
- Locker Rooms, which includes bath towel service.

Membership may also include access to services provided by the areas listed below. These services are provided at either no or low cost.
- Wellness Center
- Equipment Rental
- Fitness Classes
- Leagues, Tournaments, and Workshops

For more information about the RAW, call 510-885-4749 or visit their website at www.csueastbay.edu/RAW

*Available when not reserved

WELLNESS CENTER

The Wellness Center is a space located in the RAW and operated by SHCS staff.

Wellness Workshops - Free workshops are offered throughout the year on a variety of topics including nutrition and stress management.

Massage Therapy - Many people who received a massage have experienced overall muscle relaxation, reduced tension and stress levels, improved circulation, increased flexibility, and reduced swelling in joints. Massages can create an overall feeling of physical, emotional, and spiritual balance, and a general sense of calm, focus, and well-being.

Relaxation Room - The Relaxation Room is a quiet and open space available to RAW members to use to meditate, relax, or take a nap.

Wellness Room - The Wellness Room serves as a place for RAW members to attend Wellness Workshops, play Wii, Board Games, read, and relax.

For more information about the Wellness Center, call 510-885-2356 or visit www.csueastbay.edu/RAW

*Available when not reserved
Here are a few things that students should know regarding their personal health and wellness:

• Familiarize yourself with the SHCS website and learn about the various services we have to offer. Explore the features of MyPioneerHealth, our secure online health module where you can make appointments and email our providers non-urgent questions.

• Find out if you have personal health insurance. You may be covered under your parent’s plan. If not, we highly recommended to purchase health insurance in the event of an emergency or for services when the Student Health Center is closed. Discounted health insurance is available through Associated Students, Inc.

• Identify locations where you would seek health care in the event of an emergency. We have provided a local listing on page 10 and you can visit our website for more information.

• Talk with your family and relatives to learn about your family health history. Ask for information about health conditions that may run in your family. This information will be helpful during appointments with doctors. To save time before your next appointment, visit MyPioneerHealth to update your health history form.

• Before each appointment, write down details regarding your health concern and make a list of questions that you want to ask. This will help you remember what to say during your appointment. Also be honest with your medical provider. For example, if you haven’t been taking your medication as directed, or exercising as much, be honest so that the provider can better advise you.

• Familiarize yourself with campus policies on alcohol, tobacco, and sexual assault. Information about the policies are available on our website.

• Know your rights and responsibilities as a patient. Refer to the list on the right so that you know how to establish a positive relationship with your health care providers.

PATIENT RIGHTS & RESPONSIBILITIES:

You have a right to...
• Reasonable access to health services offered according to SHCS guidelines and a clear explanation of SHCS policies.
• Choose or change health professionals from the pool of health care providers at the SHCS.
• Dignity and Respect as an individual regardless of your gender, race, ethnicity, national origin, culture, sexual orientation, class, physical ability, creed, lifestyle or other human attributes.
• Privacy concerning discussions, examinations, and treatments regarding your health care.
• Confidential treatment of all communications and records relating to you, except as required by law. (Release of information in your medical record requires your written consent.)
• Participate in decisions involving your health care.
• A second medical opinion before making any decision and the right not to be treated, but you should be made aware of the medical consequences of refusal.
• Be informed of fees incurred during your visit and of SHCS payment policies.
• Know and understand how to express Grievances and Suggestions to the organization.

You are responsible for...
• Being honest and direct about everything that relates to your needs for health services.
• Cooperating with all persons involved in the health care process.
• Respecting the privacy and rights of other students and treat all students and staff with respect.
• Answering Questions Fully to present a complete picture of your illness or complaint, include personal questions that are important to your health problem.
• Making sure you understand your health problems or needs and asking questions of your practitioner regarding the diagnosis, treatment plan, test, policy, or anything else that concerns you.
• Reporting changes or adverse effects to your practitioner.
• Keeping appointments on time or notifying SHCS if you cannot do so.
• Knowing your health care professionals by remembering names of the people who serve you.
• Paying fees on the day of your service or making payment arrangements with the SHCS Cashier.
Nutrition Education

ChooseMyPlate encourages people to eat healthfully and provides information with how to do so. You can visit www.choosemyplate.gov and learn about healthy food choices.

Also available on the website is the SuperTracker program which creates personalized nutrition and physical activity plans.

Throughout the year, SHCS also sponsors Wellness Workshops throughout the year and provides information about healthy eating on campus. Check out the SHCS website for workshop dates and more information!

PHYSICAL ACTIVITY

Aerobic Exercise

For substantial health benefits:
• Moderate-intensity: At least 150 minutes/week OR
• Vigorous-intensity: At least 75 minutes/week OR
• Equivalent combination of moderate and vigorous intensity aerobic activity

For extensive health benefits:
• Moderate-intensity: At least 300 minutes/week OR
• Vigorous-intensity: At least 150 minutes/week OR
• Equivalent combination of moderate and vigorous intensity aerobic activity

Perform aerobic activities in episodes of at least 10 minutes and preferably spread throughout the week

Aerobic Ideas
• Play Wii at the Wellness Center
• Walk on the indoor track in the RAW
• Enroll in a Physical Education class on campus
• Enroll in a fitness class at the RAW

Muscle-Strengthening

Moderate or high intensity activities that involve all major muscle groups on 2 or more days a week

Muscle-Strengthening Ideas
• Lifting weights in the fitness center at RAW
• Push ups and sit ups while watching TV
• Enroll in a Yoga class

More Tips
• Plan out a schedule with 30-minute time slots and write it in your schedule. Choose times during the day when you have the most energy.
• Plan activities with family and friends.
• Join groups such as Intramural Sports or Recreational Clubs on campus.
• Take the stairs instead of the elevator as much as possible.
• Walk around the entire campus including stairs and hills.
• Sign up for a Fitness Center Orientation to learn about the features of the free Fitness Center at the RAW!
COLD & FLU

Cold or Flu?
Centers for Disease Control and Prevention defines the flu and the common cold are both respiratory illness that are caused by different viruses. They have similar symptoms but the flu is worse than the common cold. Flu is a serious contagious disease that can lead to hospitalization and even death. Flu and the common cold have similar symptoms. It can be difficult to tell the difference between them.

Prevention
1. Get a flu vaccine. Take time to get a yearly flu vaccine. It is the first and the most important step in fighting against flu viruses.
2. Everyday preventative actions:
   • Cover your cough. Use tissue or cough into upper arm sleeve to cover your nose and mouth when coughing or sneezing. Discard the used tissue in the trash immediately and wash your hands.
   • Wash your hands frequently with soap and water. If soap and water are not available, use an alcohol based hand rub.
   • Frequently clean your living quarters and high touch surfaces with cleaning products that have alcohol-based cleaners, Lysol or Bleach based cleaners
   • Try to avoid close contact with sick people at least 3-6 feet distance.

What To Do If You Get The Flu
FIVE Steps to take if you Get the Flu
1. Stay at home and Rest.
2. Avoid close contact with well people.
3. Drink plenty of water and other clear liquids to prevent dehydration.
4. Treat Fever and cough with medicines you can buy over the counter medication.
5. If you get very sick or are pregnant or have a medical condition that puts you at higher risk of flu complications (like asthma…) call your doctor. You might need antiviral medicine to treat flu.

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<td>General Aches, Pains</td>
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<td>Fatigue, Weakness</td>
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<td>Extreme Exhaustion</td>
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<td>Treatment</td>
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<td>Prevention</td>
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<td>Complications</td>
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Being Informed
California State University, East Bay will keep the campus community informed on any issues related to seasonal flu or any contagious break out. Fight the Flu – Protect yourself, protect others by getting the flu vaccine every year. The flu vaccine is available at SHCS for all students, staff and faculty for $15.

Helpful Information You Might Want To Know
Two important things that can either keep you healthy or make you very sick. They are your hands! There is good news and bad news. The good news is, that proper thorough hand washing can help you remain healthy and good hand washing is easy to do. The bad news is that people don’t wash their hands or don’t it well enough to make a difference.

Three components: SOAP + WARM RUNNING WATER + FRICTION
If soap and water are not available using hand sanitizers is an excellent method for hand hygiene and can be an alternative to soap and water. Alcohol based sanitizers kill 99.9 percent of the most common germs , they work in seconds and without water.

• It is better to be safe—not sorry
• Be safe: wash your hands for 20 seconds or use alcohol wipes
• Or Be Sorry: you might get very sick
SLEEP

The average person needs 8 hours of sleep per night, but only gets about 7 hours. Getting enough sleep each night can help improve your health.

It helps you:
• Concentrate in class
• Do better on exams
• Be safer on the road
• Improve your quality of life

Signs You Need More Sleep
• Struggling to stay awake when reading or watching TV
• Feeling tired when you wake up
• Always needing an alarm clock to wake up
• Needing a nap on most days
• Sleeping longer on weekends
• Falling asleep after a heavy meal
• Difficulty remembering or concentrating
• Waking up often & having trouble falling back asleep

Tips for Getting to Sleep
• Visit the Relaxation Room at the RAW - a place to relax, meditate, or take a quick nap.
• Try to go to bed each night at the same time. Build a routine & stick to it. Start getting into bed about half an hour before you want to fall asleep
• Invest in a good quality mattress.
• Use relaxation techniques.
• Avoid caffeine at least 4 hours before bed.
• Make your bedroom a quiet, neutral space for resting.
• Leave your problems at work or school—don’t bring them home.
• Avoid using your bed as a desk for work or for studying.
• Have the right level of darkness in the room.
• Drink a warm drink such as herbal tea or warm milk.
• Avoid drinking alcohol—it disturbs your Rapid Eye Movement (REM) sleep.

STRESS

Your shoulders are tense, your back hurts. You feel grouchy and it’s all due to stress. What can you do? Relax your body! The next time you feel the effects of too much stress, try some of the following to help you relax.

Deep Breathing – Close your eyes & breathe in slowly through your nose. Let the breath out through your mouth for a count of 5-10 seconds.

Get a Massage – A massage is a wonderful way to get rid of physical tension. Try a half-hour massage at the Wellness Center!

Stretching – Stretch your neck by gently rolling your head in a half circle. Start on the left, drop your chin to your chest, roll to right.

Talk – Express feelings you might have been holding in and talk in an area with limited distractions. Make an appointment for a free session with a counselor at Student Health & Counseling Services.

Relax Your Emotions - Relaxing your emotions can be just as important as relaxing your body in reducing stress.

Exercise – Physical activity helps reduce stress. Try hiking, running, snowboarding, basketball, etc.

Eat Well – Eat a balanced meal and reduce alcohol & caffeine intake.

Laugh – Go to a comedy club, see a funny movie, or spend time with a funny friend.

Cry – Crying can be as good a release as laughing. Listen to sad music, watch a sad movie or write about a sad experience.

Read – A good book is a great escape. Reading can help release pent-up emotions.

Do Something You Love – When you enjoy yourself, you relax your emotions. Go to the beach, garden, see friends, have fun!
Did You Know?
Most college students don’t binge drink on a regular basis. One night of heavy drinking can affect your ability to think abstractly for up to 30 days.

There is no cure to sober-up quickly. Time is the only way to sober-up. Allow at least one hour per drink. Cold showers, coffee, and exercise DO NOT work.

Your body throws-up after heavy drinking to protect you from deadly side-effects (slowed heart rate, decreased blood pressure, & brain damage).

Fast Facts
• Alcohol is a depressant that slows down the body.
• Tolerance: Needing to drink more alcohol to feel the same buzz.
• Alcohol Poisoning: Too much alcohol in your system making you throw-up, pass out, stop breathing, or die.
• Addiction: Alcohol is needed for the mind & body to function normally.

Survival Tips
• Avoid going out with people who make you feel uncomfortable about drinking.
• Don’t go anywhere with someone you have just met or do not fully trust.
• Never leave your drink unattended, and avoid letting someone buy you a drink.
• Don’t drink alcohol on an empty stomach. Eat high fat & high protein food that will coat the stomach.
• Don’t play drinking games or binge drink (having 5 or more drinks during one sitting).

Campus Support
• Counseling services are available to address problems relating to alcohol, drug use and addiction.
• BASICS is a program designed to assist students to examine their own drinking behaviors in a nonjudgmental environment.
• Visit the SHCS website for more alcohol and other drug use resources.

Giving Consent:
• Cannot give consent if under the influence of alcohol
• Means giving your permission by saying “yes”
• To give permission, you must be able to say “yes” or “no” without pressure
• Based on active choice by both individuals
• Possible only when there is equal power
• Giving in because of fear is not consent
• If someone gets you to do something through lying, you did not give consent because that person tricked you

What is Sexual Assault?
Any sexual act (oral, vaginal, anal intercourse) committed or attempted against a person’s will. The act can be committed by dates, spouses, family members, acquaintances or strangers. Anyone can be a victim of rape.

How to Protect Yourself
• Communicate what you really want to your partner
• Say what you are really thinking
• Set clear limits for acceptable behavior
• Know your rights
• Know which behaviors constitute rape
• Observe the environment around you when going out

Resources & Tips
• Report the crime immediately
• Go to a safe place
• Avoid showering or changing clothes
• Seek medical and emotional care

Campus Support
Student Health & Counseling Services 510-885-3735
University Police Department 510-885-3791

Sexual Assault Hotlines
Bay Area Women Against Rape 510-845-7273
Highland Sexual Assault Center 510-534-9290
National Sexual Assault Hotline 800-656-HOPE (4673)
SEXUAL HEALTH

Quick Tips
• **Get tested.** Protect your sexual health by getting tested for sexually transmitted infections (STIs) annually or even more frequently. STI testing at SHCS is free or low cost.
• **Always protect yourself.** Using protection consistently and correctly every time you have sex decreases your chances of getting an STI. SHCS offers safer sex supplies such as regular, XL, and flavored condoms, female condoms, and dental dams.
• **Communicate with your partner.** Communication is an essential part of a healthy relationship. If you are nervous or uncomfortable with any part of your relationship, make sure to talk with your partner. If you need help on how to start this discussion, make an appointment at the Student Health Center. We’re here to help!
• **Get regular exams.** It’s an important part of your sexual health and can greatly reduce your risk of cancer. Exams for women include pap and pelvic exams, as well as breast exams. Testicular exams are available for men.
• **Attend informational classes/events.** Each quarter SHCS hosts multiple events on campus that promote sexual health. Events such as Sex & Chocolate and K.I.S.S. Carnival offer great opportunities to educate yourself and learn to stay healthy.
• **Don’t do anything you’re not comfortable with.** While you may feel pressure from a partner or even those around you to engage in certain sexual activities, never do anything you aren’t completely comfortable with. It’s YOUR body and YOU are in charge. Don’t let anyone else tell you otherwise.

Sexual Health Education Session
Sessions are available with a Health Educator to ask all of the questions you have regarding sexual and reproductive health! All sessions are free, non-judgemental, and confidential. Topics that can be discussed include:
• Engaging in intercourse for the first-time
• Available birth control options
• Protecting yourself from STIs
• Partner communication

GYT - Get Yourself Tested
One in two young people will get an STI by age 25—and most won’t know it. Check out MTV’s Get Yourself Tested campaign - a social movement encouraging young people to get tested as an act of pride, not shame. GYT also promotes open communication by providing tips you need to get talking openly and honestly with your partner or provider. For more info visit www.itsyoursexlife.com/gyt

TOBACCO

CSUEB Smoking Policy
Smoking is not allowed within 20 feet of doorways and ground level air intake structures of all buildings on campus and within 25 feet of doorways and balconies at Pioneer Heights.

Aladdin Ashtrays
Please dispose of cigarette butts in ashtrays and other appropriate smoking litter appliances. The Aladdin Ashtray (right) is for cigarette butt use only.

DO NOT dispose of other trash in the Aladdin Ashtrays.

Quit Smoking Program
SHCS offers free smoking cessation sessions for CSUEB students. If you are interested or would like more information, call 510-885-3735 or visit our website.

A.L.L. Clear Campaign
The purpose of the A.L.L. Clear Campaign is to promote a healthy environment for the campus community in relation to tobacco use. The goal is to keep the following clear:
A = Air
L = Land
L = Lungs
by reducing individuals’ exposure to secondhand smoke, preventing cigarette litter from the environment, and providing resources for smokers to quit smoking. For more information about the campaign, contact the Health Promotion Department at 510-885-2356.
GET INVOLVED

**Peer Advocates for Wellness (PAW)** - PAW is an opportunity for CSUEB students to become involved with Student Health & Counseling Services. Under the supervision of the Health Promotion Department, PAW interns are trained peer health educators who provide information, peer support, outreach, presentations & resources to students about health and wellness issues.

**Student Health Advisory Committee (SHAC)** - SHAC is an organization comprised of students, faculty, and staff. In conjunction with Student Health & Counseling Services, SHAC executes yearly projects with themes concerning health and wellness in order to promote quality health care for students at Cal State East Bay.

For more information or to join PAW or SHAC, call 510-885-2356.

references

- [http://www.cdc.gov/family/college/](http://www.cdc.gov/family/college/)
- [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)

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AFTER-HOURS CARE

CSUEB’s Student Health & Counseling Services has prepared this listing for your use. This will help you find medical care when the Health Center is not open on nights and weekends. This list is not an endorsement of any health care facility. The patient will be responsible for all fees accrued.

### EMERGENCY MEDICAL CARE

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<thead>
<tr>
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<th>Address</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>St. Rose Hospital</td>
<td>27200 Calaroga Ave, Hayward, CA 94544</td>
<td>510-264-4000 Main #, 510-264-4026 Emergency Department</td>
</tr>
<tr>
<td>Eden Hospital</td>
<td>20102 Lake Chabot Road, Castro Valley, CA 94546</td>
<td>510-537-1234 Main #, 510-889-5015 Emergency Department</td>
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<tr>
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<tr>
<td>John Muir Medical Center—Concord</td>
<td>2540 East Street, Concord, CA 94520</td>
<td>925-682-8200 Main #, 925-674-3100 Emergency Department</td>
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### URGENT CARE

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<tr>
<td>Doctor’s Express Newark</td>
<td>5763 Stevenson Blvd, Newark, CA 94560</td>
<td>510-656-5700, Hours: M-F 8a-8p Sat 9a-5p Sun 9a-5p</td>
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<tr>
<td>Fremont Urgent Care</td>
<td>3161 Walnut Ave, Fremont, CA 94538</td>
<td>510-796-1000, Hours: M-F 8a-8p Sat, Sun and Holidays 9a-5p</td>
</tr>
<tr>
<td>O’Brien After Hours Urgent Care</td>
<td>20100 Lake Chabot Road, Castro Valley, CA 94546</td>
<td>510-914-0854, Hours: M-F 6p-9p Sat 2p-6p</td>
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<tr>
<td>St. Rose Urgent Care Clinic</td>
<td>27200 Calaroga Ave, Hayward, CA 94544</td>
<td>510-264-4046, Hours: 7 days a week 7:30a-7:30p</td>
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<td>John Muir Medical Urgent Care</td>
<td>400 Balfour Rd Suite 120, Brentwood, CA 94513</td>
<td>925-308-8111</td>
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<tr>
<td>Fremont Urgent Care</td>
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