

COMFORT CARE CHATTER


September Birthdays

Happy Birthday to YOU!

Sabrina B.	HCA	CR	9.3
Connie E.	RN	CR	9.6
Joan T.	LPN	CF	9.9
Madison W.	HCA	DV	9.9
Stephanie E.	HCA	DV	9.10
Christine M.	HCA	CR	9.11
Jenifer B.	HCA	CR	9.11
Tina H.	HCA	CR	9.14
Marcia T.	HCA	CF	9.15
Janet K.	HCA	CR	9.16
Dannielle L..	HCA	CR	9.20
Maxine W.	HCA	CF	9.22
Janice W.	HCA	CF	9.24
Sandra Z.	HCA	DV	9.25
Sunshine T.	HCA	CO	9.25
Maria B.	Bill. Assist.	CR	9.28
Deana S.	HCA	CR	9.30

September 2017

Also available online at
www.comfortcareia.com.



Comfort Care will be offering flu shots this year! Anyone can stop by the office for their vaccination between the hours of 8:30am and 4:30pm. Please protect yourself this year and...

GET YOUR FLU SHOT



**FLU
SEASON
AHEAD**

- FACT:** Flu seasons are unpredictable and can be severe. Between 1976 and 2006, estimates of flu-associated deaths in the US ranged from a low of about 3,000 to a high of about 49,000 people.
- FACT:** In the US, more than 200,000 individuals are hospitalized by influenza every year, including 20,000 children.
- FACT:** Total direct hospitalization costs of a severe influenza epidemic are estimated to be over \$6 billion.

Flu Season: Importance of Getting a Flu Shot

1. A seasonal flu shot is the single best way to protect against the flu.
2. The flu shot works by helping your body produce antibodies.
3. There are several flu shots to choose from, depending on your age and medical condition.

The typical flu season occurs from fall to early spring. The length and severity of an epidemic may vary. Some lucky individuals can get through the season flu-free. But be prepared to be surrounded by sneezing and coughing for a few months out of every year.

According to the National Institute of Allergy and Infectious Diseases (NIAID), the flu affects between 5 and 20 percent of the U.S. population each year. Flu symptoms usually include:

- coughing
- fever
- headache
- sore throat
- runny nose

The symptoms that come with the flu can keep you bedridden for a week or more. Flu prevention is key if you don't want to miss out on:

- holiday celebrations
- family events
- social activities
- work

How does the flu shot work?

The flu virus changes and adapts every year, which is why it's so widespread and difficult to avoid. New vaccines are created and released every year to keep

up with these rapid changes. Before each new flu season, federal health experts predict which three strains of the flu are most likely to thrive. They use that information to manufacture the appropriate vaccines.

The flu shot works because it prompts your immune system to produce antibodies. In turn, these antibodies help the body fight off the types of flu virus that are present in the vaccine. After receiving the flu shot it takes about two weeks for these antibodies to fully develop.

Who needs a flu shot?

Some people may be more prone to infection than others. That's why the Centers for Disease Control (CDC) recommends that everyone 6 months of age or older be vaccinated against the flu.

The shots are not 100-percent effective in preventing the flu. But they are the most effective method to protect against this virus and its related complications.

High-risk individuals

Certain groups are at an increased risk for getting the flu and developing potentially dangerous flu-related complications. It's important that people in these high risk groups be vaccinated.

According to the CDC, these individuals include:

- pregnant women
- children between 6 months and 5 years of age
- people 18 and under who receive aspirin therapy
- people over 50
- anyone with chronic medical conditions
- people whose body mass index is 40 or higher

Flu Season: Importance of Getting a Flu Shot (continued)

- American Indians or Alaska Natives
- anyone living or working in a nursing home or chronic care facility
- caregivers of any of the above individuals

Chronic medical conditions that could increase your risk of complications include:

- asthma
- heart or lung problems
- HIV/AIDS
- cancer
- metabolic diseases
- neurological conditions, such as epilepsy
- blood conditions, such as sickle cell anemia
- obesity
- kidney or liver disease

According to the CDC, people under the age of 19 who are on aspirin therapy as well as people taking steroid medications on a regular basis should also be vaccinated.

Workers in public settings have more risk of exposure to the disease, so it's very important that they receive a vaccination. People who are in regular contact with at-risk individuals, such as the elderly and children, should also be vaccinated. Those people include:

- teachers
- daycare employees
- hospital workers
- public workers
- healthcare providers
- employees of nursing homes and chronic-care facilities
- home care providers
- emergency response personnel
- household members of people in those professions

-people who live in close quarters with others, such as college students and members of the military, are also at a greater risk for exposure.

<http://www.healthline.com/health/flu/importance-of-flu-shot#who-should-get-it3>



FIND US ON FACEBOOK

Stop by our
Facebook page to
check out our latest
events,
sponsorships, job
postings and more!

REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE
REMEMBER TO CALL THE OFFICE
WHENEVER YOU HAVE A SCHEDULE
CHANGE!

Brain Teasers

LAST MONTH'S ANSWER

Louise - Zebra - California,
Lise - Tiger - Texas,
Carole - Pony - Florida,
Lily - Lion - Arizona

THIS MONTH'S QUESTION

How many different ways can you
spell RADAR?

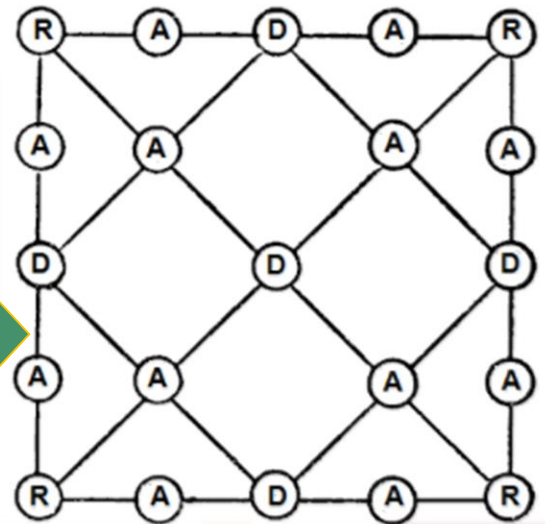
Rules:

Start on any R.

Advance in any direction, forwards
or backwards.

Follow the lines from letter to letter.

You can not skip letters.



Do you have a big announcement? A thank
you? A great photo? Send your input for
the Chatter to Taylor and she will add it to
next month's newsletter!

tfeltes@comfortcareia.com

