

# Fall Issue

## FALL INTO LOVE WITH GMC

### 5 WAYS TO FIGHT THE FLU



1. Get your flu shot every year as early as possible in the flu season because it takes up to 2 weeks for your body to become immune.

2. Don't touch your face.

3. Sneeze & cough into your elbow.

4. Wash your hands.

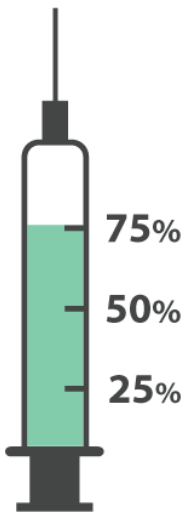
GET YOUR FLU SHOTS THIS FALL/WINTER SEASON.

PROTECT YOURSELF AND OTHERS.

WHO recommends

# 75%

of the elderly are vaccinated against seasonal influenza



[www.euro.who.int/influenza](http://www.euro.who.int/influenza)  
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### Symptoms of Influenza

**Central**  
- Headache

**Systemic**  
- Fever (usually high)

**Muscular**  
(Extreme) tiredness

**Joints**  
- Aches

**Nasopharynx**  
- Runny or stuffy nose  
- Sore throat  
- Aches

**Respiratory**  
- Coughing

**Gastric**  
- Vomiting



5. Stay home if you are sick.

*\*If you have these symptoms and are not vaccinated, please go to your doctor and get treatment.\**

## Fall Allergies Triggers



- Ragweed
- Mold
- Dust Mites



1 See a doctor to be properly diagnosed



2 Talk to your doctor before taking any medications



3 Keep doors and windows closed



4 Clean vents and air filters at home



5 Know that pollen peaks at midday and can be stirred up by rain and wind



6 Wear a mask when raking and gardening

STAY WARM AND BUNDLED IN THESE COOLER MONTHS.

ACTIVITIES FOR FALL AND WINTER ARE ALL INDOORS CONSIDERING TEMPERATURES.

IF NEED TRANSPORTATION SERVICES GIVE US A CALL AT 9013861970.



### SEPTEMBER

- PIZZA PARTY
- PICNIC
- FIELD TRIP OF CHOICE

### OCTOBER

- TRICK OR TREAT
- BOWLING
- RESTAURANT OUTING

### NOVEMBER

- THANKSGIVING FEAST
- GAME DAY
- ACTIVITY DAY

### DECEMBER

- STAX MUSEUM
- MOVIE DAY
- ZOO LIGHTS



## FALL FOCUS

Living life to the fullest. First step, taking care of your health.