TIS THE SEASON: FLU SEASON!!!

Flu Season 2019-2020 is almost upon us. Now is the time to act. Seasonal flu can happen all year round, but it is most common during the fall and winter. Peak flu season is between December and February, however it can last as long as late May.

The CDC recommends that everyone gets an annual flu shot; especially seniors, young children and those with certain health conditions such as asthma, diabetes or heart and lung disease.

* Attendant Contest and Prize!  
  * $25 GetGo Card Entry
  1. Get Your Flu Shot-at your doctors office or any pharmacy/clinic that accepts your insurance.
  2. Submit Proof-ask for a copy of the vaccine administration record.
  3. Send the record to Danielle in New Castle at dmarsh@donservices.org or fax to 724-856-8973.

* In House Staff Contest and Prize!  
  * 4 additional hours of PTO
  1. Get Your Flu Shot-at the New Castle Office, your doctors office or any pharmacy/clinic that accepts your insurance.
  2. Submit Proof-ask for a copy of the vaccine administration record.
  3. Send the record to Danielle in New Castle at dmarsh@donservices.org or fax to 724-856-8973.
September 2019 Topic: THE FLU!!!

- Knowing the difference between the Flu and a Cold will help you figure out if you should treat the symptoms or go to see a doctor.

**Flu**
- Sudden Onset
- Fever
- Headache
- Chills
- Body Aches
- Fatigue
- Diarrhea/Vomiting

**Both**
- Sneezing
- Coughing
- Sore Throat
- Weakness

**Cold**
- Gradual Onset
- Stuffy Nose
- Runny Nose
- Less Severe
- Short Duration

- Keeping your hands clean through good hygiene is an important step you can take to avoid getting sick and spreading germs to others.
- Another way to avoid spreading germs is to cover your cough or sneeze.
- Germs are often spread when a person touches their eyes, nose or mouth without washing their hands after they touch something contaminated.

- In Summary: cover your cough, wash your hands and get your flu shot.