

Putting the Heart in Home Care

Newsletter for our Employees, Friends & Families-Spring 2019

Let's Stop the Flu

According to the CDC, the single best way to prevent seasonal flu is to get vaccinated each year. Our seniors over 65 years are at a higher risk of getting the flu due to weaker human immune defenses. Caregivers are potentially exposed to infectious agents that can be transmitted to and from the caregiver and patients.

Here are some helpful tips to be safe this flu season:

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medi-

cine.)

Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Source: CDC

Please join us for a worthy cause:

Relay For Life of Greater Waterbury, CT

Saturday, 06/08/19
10a.m @ 587 Oronoke Rd, Waterbury, CT

Walk to End Alzheimer's - Litchfield, CT

Saturday, 09/08/19
11:30a.m @ 80 Whitehall Rd, Litchfield, CT



Flu symptoms include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
Source: CDC

www.facebook.com/dvhomemakers.companionship

Don't forget to visit the Careers page of our website to learn more about opportunities within the company.

<https://www.dvhomemakers.com/home-care-careers>

Deeper View Homemakers

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Find more information

web

dvhomemakers.com

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Be Safe:

It's not too late to get the flu vaccine. Contact your supervisor or call the office 860-510-3959 to get directions to how to get a free vaccination today. Let's protect ourselves, family and clients from spreading this virus.