

This Publication is for Individuals and Families with Intellectual and/or Developmental Disabilities

ACTIVE NEWS

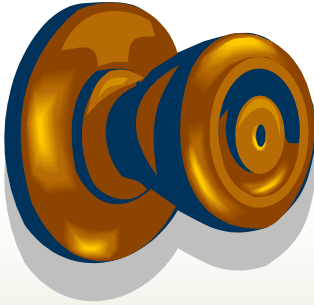
Cold and Flu Season is Here

There are two types of flu. One is the seasonal flu and the other is the H1N1 flu, sometimes know as the swine flu, which makes people sick.



The H1N1 flu is spread when sick people cough or sneeze on other people.

OR



Sometimes people can get the flu by touching things like a doorknob, telephone that has flu germs on it and then touching their face.



Help Protect Yourself

When you are sick, stay home. Do not go to work or school.

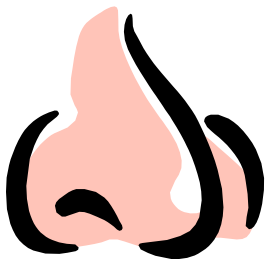


Talk to your doctor about the flu shot.

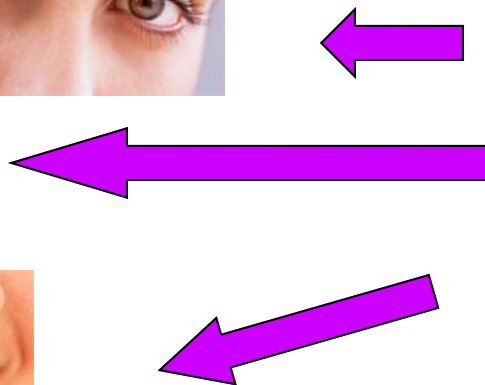


Use a tissue when you cough or sneeze and throw it away when you are done. Sneeze into your sleeve.

Wash your hands many times during the day.



Try not to touch your eyes, nose or mouth. Germs are spread from your hands to your face.



Signs And Symptoms

Below are some symptoms of the flu

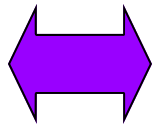
Call your doctor if you have any of these symptoms

Sore Throat

Coughing

Fever

Chills

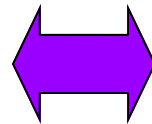


Headaches

Body Pain

Tiredness

Diarrhea



Vomiting

Runny Nose

Stuffy Nose

Good Health Habits

Get Plenty of Sleep



Drink Plenty of Water



Eat Plenty of Fruits and Vegetables



Exercise



Philadelphia Coordinated Health Care



Southeast Regional Health Care Quality Unit
123 S. Broad St., 22nd Floor
Philadelphia, PA 19109
(215) 546-0300
Extension 3685

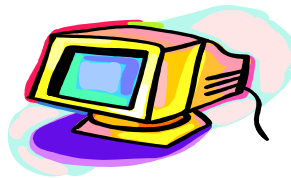
A Core Program of



Funding provided by Philadelphia Department of Behavioral Health and Mental Retardation Services, the Bucks, Chester, Delaware and Montgomery County Offices of Mental Retardation and the Office of Developmental Programs, Pennsylvania Department of Public Welfare.

VISIT OUR WEBSITE AT

www.pchc.org



For more information about the H1N1(Swine) Flu visit
www.H1N1inPA.com

OR

Call the Department of Health at 1-877-724-3258

Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace medical advice. If you believe that you, or someone you support, has medical issues, please seek the advice of medical professionals.