



Philadelphia Coordinated Health Care
a core program of PMHCC, Inc.

Empowerment through
education, support and **advocacy**

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ACTIVE NEWS

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

“FLU” FACTS

The Flu is a virus and can be spread from one person to another. If you have the flu you should contact your doctor and stay home.

Signs of the flu:

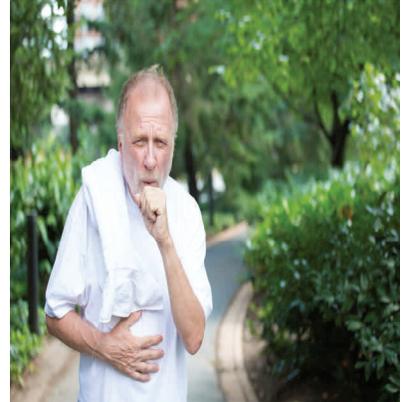
- * Fever or feeling the chills
- Cough.
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (feeling tired)
- * Some people may vomit, some may have diarrhea, this happens more to children than adults

* *Not everyone with the flu will have a fever, vomiting or diarrhea*



The “FLU” FACTS

Most people who get the flu will recover and get better in a few days. But for some people it could last up to two weeks.



Complications of the flu could be pneumonia, bronchitis, sinus and ear infections. Talk to your medical professional or medical doctor.



If you have the flu, there is medication to make you feel better. Only your medical professional or medical doctor can prescribe the medication.



So should you get the flu shot (vaccine)?

The answer is “yes”.

The Flu

You should get the flu shot every year because every year the virus changes.

What are viruses? They are very small and can only be seen through a microscope. The virus starts to multiply (to become many) and you start feeling sick.

Can you do more to stop the flu?

Yes!!!

- Practice good personal hygiene
- Get in the habit of washings your hands
- Cough or sneeze into your elbow or sleeve
- Stay away from people who are sick
- Stay home yourself if you feel sick

So what can you do to stay healthy:

- Go see your doctor and ask for a flu shot
- Practice good personal hygiene
- Stay away from people if you are sick
- Stay away from people who are sick
- Stay home if you have the flu



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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.

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Learn more at www.pchc.org

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