



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



## Winter Health and Safety



The flu season is here! The flu season can run from October to May, but peak season is when most people get sick. The peak season is from December to February. That is why it is important to get a flu shot, but check with your medical doctor first.

### 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 recover in a few days, but some people are sick for weeks.



If you have the flu, there is medication to make you feel better, but you must contact your doctor as soon as you feel sick. Only your medical professional or medical doctor can prescribe the medication.



## Things You Can Do To Stay Healthy

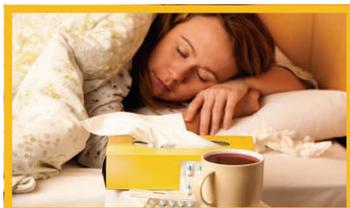
See your doctor and ask for the flu shot.



Wash your hands often.



Stay away from people who are sick.



Stay at home and rest when you are sick.

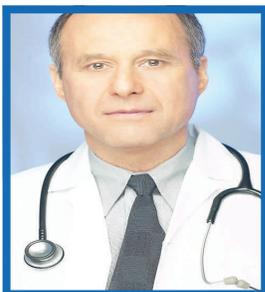
# How To Stay Safe Outside In Winter

Winter can be very cold and we can get a lot of snow. Here are some ways to stay warm, safe and healthy.



Dress in layers when going outside. Wear gloves, hat and a scarf to stay warm.

Walk or wheel your wheelchair on paths or sidewalks that are free of snow or ice.



**Did you get your flu shot?**  
If not, ask your doctor if you should get one.

## Below are some ideas on how to stay healthy.



Exercise  
OR  
Walk



Drink Lots  
Of Water



Eat Plenty Of Fruits  
And Vegetables



Get 8 Hours  
Of Sleep

To Schedule a training: e-mail  
[pcragin@pmhcc.org](mailto:pcragin@pmhcc.org) OR [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org)



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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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