

# VITAL NEWS

COMPLIMENTS OF 

Welcome to the first edition of...

## Vital News

a quarterly complimentary newsletter from WESTARM Homecare Nursing & Therapy. We are excited to keep you updated not only on the news and events of WESTARM, but also offer tips and suggestions to assist you in the VITAL workings of your health.

We have enclosed a separate listing of our Community Lecture Series topics and dates for 2014. These lecture series are informative and free to the public.



We are excited to announce the addition of Kaley McAtee to our social services department. A resident of the Alle-Kiski area, Kaley brings a wealth of experience assisting our residents with coordination of services throughout the region. Please help us welcome Kaley to WESTARM Homecare Nursing & Therapy.

## An Ounce of Prevention.....

The CDC (Centers for Disease Control) describes the flu (also known as Influenza) as a contagious respiratory illness that can become serious and even lead to death. High risk populations include the young, elderly, and immunocompromised populations.



Signs and symptoms of the flu include headache, sore throat, fever, cough, runny nose, body aches, and lethargy. The virus is spread through airborne droplets which are expelled into the air when a person coughs or sneezes. Best practice is to stay away from crowds and public places if infected to prevent spreading the virus and contaminating others.

The most effective line of defense is vaccination. It is not too late to get vaccinated against the flu. There are several types of flu vaccines available, so consult your physician to determine which is best for you.

One of the simplest preventative measures is proper hand washing. Using antibacterial soap and water, wash your hands vigorously under running water for one minute. Alcohol-based hand sanitizer may be used when soap and water are not available.



Other preventative tips include: Avoid close contact with others and avoid touching your eyes, nose, and mouth. Remember to cover your nose and mouth in the crook of your bent arm when coughing or sneezing (do not use your hands). Getting plenty of sleep and maintaining a healthy diet, including proper hydration, helps as well.

Be sure to keep your doctor appointments, even if you are not having any acute health issues. Preventative checkups are key to keeping your "Vitals" intact.



National Cardiac Rehab Week

is

February 9-15, 2014



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