

THE VILLA NEWS

Getting Ready for the Opening of the Flu Season

~ Patty Shoults, Resident Services Coordinator

Fall is here, we're heading into the playoffs and World Series in baseball and football just got under way. So has the flu season. **The date for your annual flu shot is Oct. 14th.** If you haven't signed up yet you need to do that right away. But the flu shot will not protect you from all viruses. You need to know the symptoms of a virus and heed the precautions that have been recommended. Not all viruses have the same symptoms so if you have any of these symptoms you should stay in your apartment, let the front desk know you are ill and we will deliver your meals. Influenza symptoms include: **fever, body aches, runny or stuffy nose, sore throat, nausea or vomiting, and diarrhea.** **If you develop the following symptoms you need to call your doctor: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting.** **If you feel like you're getting better but then symptoms come back worse than before you need to call your doctor.** You should stay in your apartment at least **one full day after you are fever free or symptom free.** You can prevent the spread of the flu by taking these precautions: cover your nose and mouth with a tissue when you cough or sneeze. **Throw the tissue in the trash.** Wash your hands with soap and water. Use alcohol-based hand cleaners. Avoid touching your eyes, nose or mouth. This is how germs spread. Avoid contact with sick people. Please tell your family not to visit you if you or they are sick. There will be a seminar on Oct. 6th about flu prevention and an update about the swine flu. Please don't miss this seminar. It's very important for all of us.