



# IMMUNIZATION COMMUNITY

## Shot From The Heart Patient Newsletter

2018-19 Flu Season

Volume 2, Issue 1 ▪ September 2018

### Did you know?

1. This past flu season was the worst in the last 6 years
2. The flu affected younger people more last year than in prior years
3. This past year was the first year that all 48 continental US states had full flu outbreaks at the same time
4. People with chronic illnesses, such as diabetes and heart disease, are at a higher risk of getting the flu and pneumonia
5. 178 children died from the flu last year

Sources:

<https://www.flu65plus.com/stories/understanding-how-flu-impacts-chronic-diseases>

<https://www.cdc.gov/flu/weekly/index.htm>

<https://www.cdc.gov/media/releases/2014/p0220-flu-report.html>

**During your annual visit ask your doctor what vaccines you need to keep healthy**

### Nine Ways to Boost Your Immune System

1. Taking care of yourself is the best way to help your immune system stay strong. Eat right, stay active and get enough sleep
2. Ensure your diet is well rounded. Devote half your plate to fruits and vegetables and have a lean protein and whole grains as well
3. If you are going to drink alcohol, drink in moderation
4. Get your annual flu shot and other immunizations as recommended by your doctor
5. Fit in your recommended activity (around 20 minutes a day). Speak with your doctor about your recommended activity level
6. If you smoke cigarettes, consider quitting. Smoking decreases your ability to fight off infections
7. Get enough sleep. If you are always tired you are likely to get sick more often
8. Stress less. Stress impacts your immune system.
9. Consider eating more yogurt or fermented foods. These contain good bacteria for your digestion

Source:

<https://health.usnews.com/wellness/slideshows/9-ways-to-boost-your-immune-system>

### Factoids:

1. Your chances of getting the shingles increase with age
2. Antibiotics will not help you get better if you have the flu. Antivirals may help. Ask your doctor for more information

**Myth:** You can get the flu from the flu shot.

**Fact:** The vaccine is made from a dead virus so it can't give you the flu.

## PFAC Updates

In New England, we have a growing **Patient and Family Advisory Council (PFAC)**. The Council includes volunteer members, much like yourself, who share experiences and provide feedback to the New England QIN-QIO to help improve the quality and safety of healthcare.

We are always looking for new members and would welcome your participation. Are you interested in sharing your story? Speak to your Facility Contact (or Representative) if you would like more information or to get involved.

## Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | H | O | I | C | E | S | C | N | G | I | R | P | J | U |
| I | M | M | U | N | I | T | Y | M | E | M | R | G | E | A |
| F | Z | Q | D | B | I | T | S | Q | M | P | W | V | V | H |
| P | J | X | Y | L | I | M | A | F | P | O | W | A | I | K |
| R | W | M | Y | W | V | H | F | R | O | R | Y | L | T | U |
| O | X | P | R | K | H | K | E | X | W | T | Y | U | C | R |
| T | X | D | E | Q | N | G | S | W | E | A | H | A | E | A |
| E | I | T | V | H | S | R | E | C | R | N | E | B | F | N |
| C | Q | Z | O | J | Y | R | I | T | I | T | A | L | F | S |
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| Y | Y | Q | E | M | E | I | J | E | G | R | T | C | M | R |
| J | T | Q | R | M | H | H | M | R | F | D | H | A | Z | O |
| S | Y | C | O | G | Y | T | I | N | U | M | M | O | C | N |
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| J | G | C | A | R | E | E | T | A | N | I | C | C | A | V |

- Health
- Choices
- Care
- Community
- Effective
- Vaccinate
- Grandchildren
- Protect
- Strong
- Recovery
- Family
- Valuable
- Empowering
- Safe
- Important
- Immunity



*When you get a flu shot, it keeps you from spreading the flu to the ones you love.*



*At your next visit ask your doctor if you are due for flu and pneumonia shots.*

***Keep safe, happy and healthy this flu season.***

**Please share on your social media page and within common areas at your facilities!**