

PRESTON



Employee Anniversaries

Nowana 11 yrs.
Hanna 3 yrs.
Jennifer W. 2 yrs.

Employee Birthdays

Peyton 10/8
Codi 10/13
Kaitlyn 10/17

October Children's Birthdays

Raylynn
Nala
Aubree
Blake
Naomi
Levi
Clinney
Suzanna

Employee of the Month



CODI ROBY, LPN

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Homemade Cookies Day	2	3	4	5 Natl Denim Day	6
7	8 Columbus Day	9	10	11	12 Farmer's Day	13
14	15 World Food Day	16	17	18	19	20 Sweetest Day
21	22	23	24 Natl Bologna Day	25	26	27
28 Plush Animal Lover's Day	29	30	31 HALLOWEEN			

Flu Season

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Signs and Symptoms

- fever
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting



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Preventing the Flu

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

References

Center for Disease Control and Prevention. (2018, September 13). Retrieved from <https://www.cdc.gov/flu/keyfacts.htm>