Did you know?

People going to the doctor for the flu was double the national average

Staff who do not get a flu shot should wear a mask during the peak flu season

There were almost 12,000 flu related hospitalizations in New England as of March 9, 2019

Anyone with a chronic illness, such as diabetes and heart disease, is at a higher risk of getting the flu and pneumonia

68 children have died from the flu this season

There are two pneumonia shots. Ask your doctor if you only received one shot.

Sources: https://www.cdc.gov/flu/weekly/index.htm
https://www.cdc.gov/features/adult-pneumococcal/index.html

Ways to feel better every day

1. Find activities you enjoy and make time to do them. This can be reading, walking on the beach or engaging a friend in a game of cards

2. Exercise every day for a half hour. Some examples are a casual walk, armchair aerobics or going to the gym

3. Get a good nights sleep. You’ll feel so much more energy starting off your day and are less likely to get sick

4. Eat well and savor it. Remember there are so many foods out there to enliven your tastebuds. Try them all in moderation

5. Slow down. Life can become hectic and every day has stress. Take time to relax. Maybe do relaxation exercises or join a yoga class. A couple minutes a day can make a big difference

6. Call someone you haven’t spoken to in a while and make a plan to get together

7. Stress less. Stress impacts your immune system.

8. Unplug. This is difficult in the days of the internet and cell phones. Immediate information is not always good for your stress level

9. Find a happy movie or a funny book to read. Laughter makes everyone feel better

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

Your friend says you don’t need a flu shot. This is not true!

Tell them getting the flu shot protects you and others, who are at a high risk, like babies and older people. Encourage them to get a flu shot to help protect everyone in their community
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.

Ready for Summer Word Search

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

Active
Beach
Boating
Cookouts
Family
Flowers
Gardening
Hiking
Parks
Parties
Picnics
Reunions
Sunshine
Swimming
Travel

Keep safe, happy and healthy this spring and summer.

At your next visit ask your doctor if you are due for any immunizations.

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