

Delmar Family Medicine

NEWSLETTER

October 2019



6 ways to fight the flu

- **Get the vaccine**, Offered here at Delmar Family Medicine, as well as most pharmacies.
- Wash your hands thoroughly and often.
- Avoid too much contact with people who are sick.
 - Keep your surroundings clean
 - Use alcohol based hand sanitizer
 - Keep up a healthy lifestyle

Common Flu Symptoms

- Fever
- Aching Muscles
- Headache
- Dry persistent cough
- Sore Throat
- Nasal Congestion
- Fatigue and Weakness

Benefits of the Patient Portal

- * Patients can message their providers.
- * Patients have access to their medical records and chart.
- * Patients can request appointments with their provider.
- * Patients can renew prescriptions online.



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Serious outcomes of flu infection can result in hospitalization or death. It can cause mild to severe illness. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

- CDC

How can we improve?

WE WANT YOUR FEEDBACK

Here at Delmar Family Medicine, we are constantly striving to bring you more quality health care in a way that is welcoming, comfortable and easy to understand. Let us know how we are doing by either filling out a survey the next time you're in the office or by going to our website and following the link for 'feedback'. We really do appreciate your feedback.

www.delmarfamilymedicine.com/feedback/