

Senior Helpers - Swine Flu Prevention Package

While federal officials aren't saying senior citizens have a greater risk of getting swine flu, the elderly do have a high risk of potentially fatal complications if they get the flu because the body's immune system weakens as it gets older. Almost two thirds of seniors who get the flu end up in the hospital so it makes sense to take precautions.

Seniors Should Practice Healthy Habits

- Before you eat, wash your hands with soap and water for 10 to 15 seconds.
- If soap and water aren't available, use waterless, alcohol-based hand gels. (They should contain at least 60% alcohol. You can carry them in your purse or car.)
- At the pharmacy or any retail outlet, use your sleeve to open doors.
- If you read a magazine at the doctor's office, make sure you wash your hands afterwards.
- When flushing the toilet at a public place, wrap your hand with toilet paper before you flush.
- At the grocery store or any retail outlet, wear gloves or use toilet paper to push the cart.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the used tissue in the trash.
- If a tissue isn't available, cough or sneeze into your upper sleeve and not your hands.
- Don't put your fingers in your eye or mouth



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Seek Medical Care If You Feel Sick

If you are ill with fever and other symptoms of swine flu, such as a cough or sore throat, or if you are vomiting and have diarrhea, see a doctor. That's especially true if you've come in contact with someone exposed to swine flu or someone who had a severe respiratory illness in the past seven days before becoming ill.

About Senior Helpers

Senior Helpers connects professional caregivers with seniors who wish to live at home as opposed to a nursing or assisted living facility. The company has 280 franchises in 38 states and offers a wide range of personal and companion care services to assist seniors living independently with a strong focus on quality of life for the client and peace of mind for their families. Senior Helpers strives to be the leading companion and personal care provider that offers dependable, consistent and affordable home care.

For more information, please visit: www.seniorhelpers.com

