



Dear Friends,

The beautiful fall season has arrived, bringing changing colors, cooler temperatures, and yes, flu! Although you can get the flu anytime, October is this region's official start of flu season.

The flu is a serious concern for older adults, as its symptoms can be more severe and lead to dangerous complications. The flu is more harmful for older adults for a few reasons. One reason is that the immune system weakens as you age. Older adults are also more likely to have other health conditions that increase their risk for complications from the flu.

At Holy Trinity, we take flu season very seriously. Our nursing staff reviews and follows CDC guidelines and implements a variety of prevention control precautions and strategies. We also offer the flu vaccine to all staff members and residents in long-term care. You can help us prevent the flu by following some simple guidelines:

- Get a flu shot before visiting friends and loved ones. The flu vaccine is a powerful tool to protect yourself, our residents and staff. Vaccines train your immune system to recognize infections and fight them off before you get sick. Getting your flu shot is the best way to avoid getting sick and protect others.
- Wash or sanitize your hands often, especially after touching hard surfaces such as tables, stair rails, and door handles.
- Stay home if you feel sick. Due to the close quarters and frequent interactions with others, flu can spread rapidly in long-term care and rehabilitation facilities.

The good news is that the flu is preventable, especially when we all do our part to stop its spread.

Until next month,

Rodolfo A. Parra
CEO and Administrator

