

# ROME MEMORIAL HOSPITAL

## NEWS RELEASE

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### **“3 Steps to Fight the Flu” focus of Hospital’s Senior Live & Learn program**

ROME - “3 Steps to Fight the Flu” will be the September topic of Rome Memorial Hospital’s monthly Senior Live & Learn program, a free educational outreach program designed for seniors.

Barbara Rice, RN, BSN, a registered nurse in the hospital’s infection prevention department, will present the program at 1:00 p.m. Thursday, Sept. 8 at the Ava Dorfman Senior Citizens Civic Center, 305 E. Locust St.

Rice will discuss three important steps that you can take to protect yourself, your spouse, your children or grandchildren against the seasonal flu:

- take time to get vaccinated;
- take everyday preventive actions; and
- seek medical advice and use antiviral medications if recommended.

“The flu is a contagious respiratory illness caused by influenza viruses,” explained Rice. “Older adults and people with certain health conditions are at high risk for serious flu complications.”

“More than half of flu-related hospitalizations occur in people age 65 and older,” she added. “We want you to know who is at risk, who should be vaccinated, and when to contact your physician.”

The best protection against contracting influenza includes:

- Frequent and thorough hand washing.
- Covering all coughs and sneezes. If you don’t have a handkerchief or a tissue use the crook of your arm not your hand.
- Staying home from work, church, or social events if you have a fever, cough, sore throat, body aches and pains or other symptoms like nausea or vomiting sometimes associated with influenza.
- Avoiding people exhibiting symptoms of a flu-like illness.

“Live and Learn” is open to the public. Pre-registration is not required.

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