

# FLU SEASON

# BREATHE BETTER BRONX

Fall | Issue 1 | Date: Oct 2017



Flu season usually lasts from October to May, but is often worst in February. Preparing early is key!

The flu is dangerous for people with asthma because it can cause inflammation in the lungs and airways. This can trigger asthma attacks or make asthma symptoms worse.

Adults and children with asthma who get sick with the flu are more likely to have complications like pneumonia.

## FIGHTING THE FLU

- Everyone older than 6 months should get a flu shot.
- Wash your hands often with soap and water especially after coughing and sneezing.
- Clean places you touch a lot (door handle, sink, etc)
- Try not to touch your eyes, nose, and mouth.
- Follow your Asthma Action Plan from your doctor.
- If you think you have the flu call your doctor early. Flu medication like Tamiflu only works if you take it early.
- Stay home when you are sick and stay away from other people who are sick.

## CALENDAR OF EVENTS

### Autism Parent Support Group

The support group will take place at the Grand Concourse location of Bronx Lebanon Hospital in the Murray Cohen Auditorium from 10am-12pm:

October 16th  
November 6th  
December 4th

### Community Outreach Events

Events will be located in the main building at the Grand Concourse across from the Grand Café:

Oct 18th: Domestic Violence Awareness  
Nov 16th: The Great American Smoke Out

## PREDNISON

Prednisone is an oral steroid. It helps calm down swelling and inflammation in the lungs and airways.

Prednisone is safe, but it is a strong medication. If you are using it too much it can have side effects like weight gain or getting sick easier. That is why it is important to be aware of triggers and try to eliminate them to avoid using prednisone.

By staying healthy and avoiding the flu you can stay out of the hospital and manage your asthma better.

## TRUE OR FALSE

A pump with a spacer is just as effective as a nebulizer.



**FALSE**



A spacer, when used correctly, is more effective than a nebulizer. Using a nebulizer is not better than a pump. For children, using a spacer with a pump has fewer side effects than a nebulizer.

## From The Doctor's Office

**Dr. Sharon Newport says...**

- Even if you had a Flu vaccine last year, a new vaccine is recommended.
- New strains of the Flu can occur and it is important to get a new vaccine each year to protect yourself.

## BREATHE BETTER BRONX SERVICES

### We offer:

- **Asthma Education**
  - **Home Visits**  
to understand asthma triggers in your home
  - **Air Purifiers**
  - **Vacuum Cleaners**
  - **Cleaning Supplies**
  - **Integrated Pest Management**  
to get rid of rats, mice, and roaches
  - **Asthma Support Groups**
  - **Help with Rental Arrears**
- 1704 Morris Avenue,  
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