

# The Flu Season

by Gina Botshtein, MSW, APSW JFS Vice President, Older Adult Services

September 2008 - The flu season is around the corner. We want to make you aware of some important precautions to take when visiting with clients, because your work is a great value to JFS. Some of the strategies we recommend that you follow include:

- Getting a flu shot (If you have questions about whether you should get a flu vaccine, consult your health-care provider.)
- If you do not feel well or have symptoms associated with a cold or the flu, please avoid direct contact with the clients. If you cannot visit, a good substitute for meeting with the client in person is a lengthy phone conversation, so the client knows you are still involved. If you cannot teach or be present at a group activity, remember to contact someone in the group or the program manager to let them know you will not be there.
- If a client doesn't feel well or reports symptoms of the flu, please avoid direct contact with them, as well.
- Wash your hands frequently with hot soapy water, and get lots of sleep and rest. The best way to deal with the dangers of getting sick is prevention.

The staff of JFS values your input and considers you to be our "eyes and ears". If you become aware that a client is sick or not feeling well, please contact the care manager, program manager or Susie Gruenberg, Volunteer Services Director, and let us know so that we can help the client get the medical care and attention that is needed. Many of the clients who have volunteers have no involved family to look out for them, so this is where all of us can make a difference.

We want to thank you again for the difference you make and impact you have on the lives of our clients. We know that sometimes it isn't easy to volunteer and sometimes the clients can have challenging situations, but your commitment, good work and attention make a huge difference in the quality of our client's lives. So take care of yourself and have a healthy winter season.