

FLU

SPREAD, PREVENTION, AND TREATMENT.

1 Get your
flu shot



2 Wash your
hands



7 Wear
a mask



How to... PREVENT FLU!

3 Cover your
cough



6 Keep your
immune
system strong



5 Avoid close
contact



4 Disinfect
surfaces



*"What if
I get the flu?"*

Avoid being in close contact with people
and use medication the way that your
doctor recommends it.

 **REACH**
www.cdc.gov/flu

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Preventing Colds Flu The Complete Home Health Guide

C Cleary



Preventing Colds Flu The Complete Home Health Guide:

The Columbia University College of Physicians and Surgeons Complete Home Medical Guide Donald F.

Tapley,1995 Now in its third edition and thoroughly updated and redesigned The Columbia University College of Physicians and Surgeons Complete Home Medical Guide is the most comprehensive cutting edge and convenient health guide This book can help you and your family live a longer healthier life The third edition includes new information about different treatments for men and women a guide to alternative therapies and medicines as well as a complete chart of commonly prescribed drugs Packed with illustrations and useful information on every stage of human development The Home Medical Guide weighs the pros and cons of different health insurance plans and explains medical vocabulary in terms a layman can understand From medical emergencies to everyday health care the guide can provide you with the information you need in an instant Complete with an 8 page color atlas to the human body dozens of helpful charts graphs and tables a glossary of medical terms a table of commonly prescribed drugs a lifelong Family Medical Record and a complete and easy to use index this third revised edition of The Columbia College of Physicians and Surgeons Complete Home Medical Guide is the medical encyclopedia every family needs medical awareness is the best medicine of all BOOK JACKET Title Summary field provided by Blackwell

North America Inc All Rights Reserved *Runner's World* ,1984 *The Complementary and Alternative Medicine Information Source Book* Alan Rees,2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM Prevention Magazine's 2000 Everyday Health Tips for Better Health and Happiness ,1993 *Client Teaching*

Guides for Home Health Care Donna Meyers,2005-09 This edition features 66 new teaching guides for a total of 193 all

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