

NEWS RELEASE

FOR IMMEDIATE RELEASE

Contacts:

Diane McClain
Maple Knoll Home Health
513-782-8268
dmcclain@mkcommunities.org

Rebecca Morra, Dir. of Communications
Maple Knoll Communities
513-782-2423
rmorra@mkcommunities.org

October 24, 2012

Flu season (Oct. 1, 2012 – March 31, 2013) has begun and for some, the risk of catching the flu outweighs the inconveniences of getting immunized. Seniors are one of those risk groups, so Director of Home Health at Maple Knoll Communities, Diane McClain, has already arranged for all residents and employees to receive their flu shots.

As McClain explains, “Getting a flu shot means keeping yourself and those around you healthy.” The most significant, but rare, side effect could be a severe allergic reaction to the shot which would cause difficulty breathing soon after the shot is administered.

McClain says, “It takes our bodies about 2 weeks to build up the full immunity to the viruses after receiving the shot. The most common side effects are a sore red arm and low-grade temperature, which are easily treated with ice to the arm and Tylenol.” This is a small price to pay, given that each year, we hear about people who are hospitalized due to complications from the flu.

Seniors are encouraged to get a flu shot annually, unless they are allergic to eggs or Thimersol or have had Guillian Barre Syndrome.

Maple Knoll Communities is a non-profit home providing services including residential accommodations, assisted living, rehabilitation and skilled nursing care.

#