

U and Universal

Flu season is here. People with disabilities are at high risk for getting the flu especially those with limited mobility. Many catch the flu from caregivers. Here are some tips for preventing the flu:

*The CDC recommends a yearly flu vaccine as the most important step in protecting against the flu virus (this years vaccine is considered more effective than in years past)

*Avoid contact with people that you know are sick

*Cover your mouth and nose when you cough or sneeze.

*Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand sanitizer.

*Clean and disinfect surfaces and objects that may be contaminated with germs.

If you get the flu:

*Limit contact with other people

*See a doctor, you may need an antiviral drug which is different from an antibiotic

Flu-like symptoms include: fever, cough, sore throat, runny nose, body aches, headache, chills and fatigue. Some people also have vomiting. Remember that some people that we provide service to are unable to communicate symptoms so watch for any changes during flu season.

Universal has a Human Rights Committee.

- The committee meets at least quarterly.
- This committee reviews all incident reports to make sure that the person served did not suffer a rights violation.
- All behavior plans must be approved by the Human Rights committee.
- All devices that are used by or for the person served are reviewed by this committee to ensure that the person is not restricted without need.
- The committee is chaired by Erik Bentley.

Terry Bedford
Assistant State Training Director
Universal MH/DD/SAS
www.umhs.net