

Monday, Nov. 13, 2017



## It's Beginning To Look A Lot Like Flu Season (sort of)

### Associates, Families Urged To Get Ahead Of Illness With Vaccination

As many people in our community are already noticing, the cold and flu season has arrived. The good news is that UMC has not seen an overwhelming number of cases compared to last year. In fact, we are actually below our numbers from last year. Last year, UMC saw 80 percent more cases at the same time this year. Since the start of the season, UMC has recorded 17 cases. "People really need to get their vaccinations now," said Shannon Jordon, UMC Infection Preventionist. Jordon urges people to get ahead of the flu, before it sweeps our community this winter. Protect Yourself. Protect Your Loved Ones. Get Your Flu Vaccine!



**Did you know?** According to UMC officials and Centers for Disease Control and Prevention, everyone 6 months and older needs a flu vaccine. UMC's Outpatient Clinics have fast and convenient appointments available for you and your family! UMC's clinics are open late and walk-ins are definitely accepted. To find a clinic near you, call 790-5700 or visit our website at -- <http://www.umcelpaso.org/find-a-facility>.

## Safe Pill Disposal Pouches Enhance Safety, Reduce Risks

People who do not fully consume their medications now have safe alternative, thanks to 2,250 safe pill disposal pouches distributed to UMC's Outpatient Pharmacies. The pouches were made available by the Rio Grande Safe Communities Coalition, coordinated by UMC Level 1 Trauma Center's Injury



Prevention Division, through an HHSC prevention grant. To account for language and all levels of literacy, Spanish instruction labels were printed on brightly colored label sheets and placed on each



pouch without covering the picture instructions. In addition, a Poison Control phone number sticker was placed on each pouch as our partners at the UMC Poison Center felt it was necessary in case a child opens the pouch and tries to ingest the carbon pack, or anything placed inside of it.

Coalition Coordinator Dora Basurto and Program Assistant Sarah Sanchez coordinated time for coalition members to meet at the Loretto CCP Office to place stickers on pouches and divide them for distribution, for all of our outpatient pharmacy locations. The Rio Grande Safe Communities Coalition is a partnering member of the Region 10 Rise Up Against Addiction Task Force.

Specialized Care from

**BOARD-CERTIFIED**

**PEDIATRICIANS**

Mon.-Sat. 7:30 a.m.-8 p.m.

**CONVENIENT APPOINTMENTS: 790-5700**

Get dependable and affordable quality healthcare for your child from board-certified pediatric physicians, nurse practitioners and a multi-disciplinary team of medical professionals at UMC's Outpatient Clinics.

**EAST • WEST • DIETER • YSLETA**

#### About The Pulse

The Pulse newsletter, is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Ryan Mielke, UMC Director of Public Affairs](mailto:ryan.mielke@umc.org).