

Cover Your Cough



Stop the spread of germs that make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze
or
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing.



Wash hands with soap and warm water



Clean with alcohol-based hand cleaner.

Health Maintenance Goals



Strive to Achieve your Personal Goals

- Keep scheduled doctor appointments
- Take medications correctly
- Stop smoking
- Manage stress
- Exercise
- Eat well
- Annual dental checkup
- Annual eye exam

It is important to set healthy goals in order to achieve the best level of wellness possible in living with a chronic disease.

Amida Care, along with your PCP and Case Manager, want to help you reach your goals.

Call Amida Care at
1-800-556-0689

Fight the Flu!



Who should get a Flu Shot?

People at high risk of severe illness

- 50 years old or older – Even if you're in great health!
- Children 6 – 23 months old. Children younger than 2 have the highest rates of hospitalizations from influenza.
- People of all ages with a chronic health condition – such as heart disease, diabetes, kidney disease, asthma, lung disease, cancer, and HIV/AIDS.
- Women more than 3 months pregnant during flu season – Typically November through March.

People who can give the flu to those at high risk

- Household contact or caregiver of someone at high risk.
- Healthcare workers.
- Household contact or caregiver of a child under 2 years old – Infants who are younger than 6 months old can't get a flu shot, but they can get the flu.
- Anyone who wants to prevent the flu.

Make an appointment with your PCP to get the Flu Shot!

Call Amida Care at
1-800-556-0689

Get your Flu Shot? Fight the Flu

Everybody Loves A Quitter!



What's in that Cigarette?

- Butane** - Lighter Fluid
- Acetic Acid** - Vinegar
- Methane** - Sewer Gas
- Arsenic** - Poison
- Carbon Monoxide**
- Methanol** - Rocket Fuel
- Ammonia** - Toilet Cleaner
- Nicotine** - Insecticide
- Toluene** - Industrial Solvent
- Hexamine** - Barbecue Lighter
- Stearic Acid** - Candle Wax
- Cadmium** - Batteries

Call to see if you are eligible for a 2 Week Starter Kit of Nicotine Replacement Therapy to help you stop smoking.

Call Amida Care at
1-800-556-0689
or
The New York State Smokers' Quitline
1-866-NY-QUITS
(1-866-697-8487)

Deaf, Hard of Hearing and Speech Disabled
Call the NY Relay Service at 7-1-1
(Voice or TTY)
Give Operator Quitline number

Quitting takes hard work and good effort,
but **YOU** can QUIT SMOKING!!

Be a Lifesaver



Protect yourself and others.

Be prepared and BYOC, bring your own condom.

Prevent the spread of STDs (sexually transmitted diseases). STDs are diseases that are usually passed through sexual contact with an infected partner. STDs include HIV, Chlamydia, gonorrhea, genital herpes and warts, and syphilis.

- Abstinence is the only sure way to avoid getting STDs. If you are sexually active, you can reduce your risk of getting or spreading STDs by the use of barrier methods like latex condoms. But remember, even condoms are not 100% effective.
- Have regular physical exams. Ask your physician to test you for STDs. Your physician can also write you a prescription for condoms.
- Call 1-877-NYCDOH7 (1-877-692-3647) for free counseling and testing for HIV and other STDs.
- Many of NYC Free and Confidential Clinics provide free condoms and emergency contraception in addition to free treatment of any diagnosed STD as well as screening for viral hepatitis.

To further understand the benefits or find a convenient clinic location, you can call the AIDS Hotline at **212-TALK-HIV**

Or call Amida Care **1-800-556-0689**

Talk to your *partner* about safer sex:
No Condom, No Sex or **No Glove, No Love**

You Have the Right...



to be Treated with
Dignity and Respect.

Does someone
close to you...



- Push or hit you?
- Humiliate you in public?
- Control your money?
- Tell you who to see, what to wear, what to do?
- Threaten to hurt you?
- Force you to have sex?
- Keep you from seeing friends and family?
- Threaten to report you to immigration officials?
- Threaten to take your children?

You might be
in an abusive
relationship.

Talk to your
primary care
provider or
case manager
about what is
going on.

NYC Domestic
Violence Hotline
1-800-621-HOPE (4673)
or 311

**EMERGENCIES
CALL 9-1-1**

Amida Care Domestic
Violence Coordinator:
Lee Garr
646-757-7000