



MEMBER BULLETIN

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7350 NW 7th Street, Ste 204, Miami, FL 33126

Tel (305) 269-2000 Toll Free (877) 827-0711

www.floridahealthsolution.com

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Hurricane Preparedness

Hurricane Season will be upon us soon. You can never be too prepared when it comes to hurricane season, especially in Florida. The following are suggestions so you can plan ahead and keep yourself and your family members safe!

- Hurricane Supplies: Several clean containers for water, large enough for a 3-5 day supply- about 5 gallons for each person and a 3-5 day supply of non-perishable food such as canned goods along with a manual can opener. A first Aid Kit, battery-operated radio, flashlights and extra batteries, candles, sleeping bags or extra blankets to keep you warm.
- Gather all important papers including homeowner's, health insurance and special photos and keep secure in water proof box or plastic covering. Keeping an inventory or video of property in case you need to file a claim is a good idea.
- If you live in an evacuation zone, be ready with warm clothes and personal items like soap, tooth brush and any prescription or over the counter meds you use regularly. (At hurricane watch, contact your pharmacist for extra med you may need)
- Since the power will be out, ATMs will not work- have some cash in hand as well as a full tank of gas.
- Protect your property with either plywood shutters or professional hurricane shutters. Tie down all items left outside or bring them indoors to avoid flying objects breaking windows.
- Babies require special attention such as plenty of baby food, formula and diapers.
- Special needs/ or disabled persons require special attention such as battery operated equipment, notify FPL if you or a child are in special needs, and if the power goes out, contact the nearest hospital or Red Cross.
- Keep pets indoors and safe. If you need to evacuate find a pet-friendly hotel or dog boarding kennel.
- An emergency kit for the car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags.
- **Stay inside!** However tempting it may be to videotape or take photos of the storm, the winds and flying debris can be very dangerous.

FLORIDA HEALTH SOLUTION
WANTS YOUR FAMILY TO BE SAFE!!!



Travel Awareness

Traveling by Airplane is fun! However, flights longer than 8 hours may increase the risk for blood clots, also known as Deep Vein Thrombosis (DVT). You are at risk for blood clots if you have had an episode in the past, have had recent surgery, especially abdominal or orthopedic surgery. If you are pregnant, smoker or are taking birth control pills or hormone replacement therapy. Anyone with cancer, restricted movement or blood-clotting problems may also be at risk. Several suggestions to avoid this problem are stay well hydrated, wear loose-fitting clothing. Make an effort to walk and stretch your legs and arms at least once an hour. Speak to your primary doctor who may recommend that you wear special stockings that reduce leg swelling and encourage blood flow. The following are signs of a possible problem: if you have leg pain, swelling or tenderness which occurs only while standing, or walking, warmth in the skin affected leg, red or discolored skin on the same leg, visible surface veins with leg fatigue, immediately ask for assistance from the flight staff. And as soon as you land seek medical attention. Keep in mind, symptoms may begin several days after your flight!



Grand Opening!!!

On April 2011, Florida Health Solution opened its 2nd clinic located at 7350 NW 7th St, Suite 113 in Miami, FL. We will be offering General Practice, Laboratory, Gynecology and Preventive Panels. Our hours of operation are from Tuesday, Thursday & Friday from 9:00 am to 1:00 pm. You may call our Customer Service department or (305) 269-2020 for additional information.

We look forward to seeing our members visiting this new access to care facility.



Travel Plans

Most people love to travel. The idea of going off to new sights and sounds will give anyone a reason to smile, however, getting sick while traveling definitely dampen's the mood. The Centers for Disease Control, defines an ill traveler as a person who has one or more of the following symptoms:

- 1.) Appearing obviously sick (Severe headache, weakness, skin or eyes turning yellow)
- 2.) Fever of 100 F or greater
- 3.) Skin Rash
- 4.) Shortness of breath or difficulty breathing
- 5.) Severe cough that does not go away
- 6.) Confusion, especially if it has just started
- 7.) Bruising or bleeding (without previous injury)
- 8.) Diarrhea that does not go away
- 9.) Vomiting that does not go away (other motion sickness)

If you have any of these symptoms while you are still at home, you should talk with your doctor **before** traveling.