

Our Mission

Here at **Advancare**, we place the safety of your loved one above everything else. Our mission is to ensure better quality of life for our elderly clients and their families by providing dependable and affordable healthcare. We build long lasting relationships with our clients by providing personalized plans to suit their every need.



Welcome to Advancare

At **Advancare**, our focus is to provide compassionate in-home care for seniors and help clients avoid:

- Loss of friends and possessions.
- Loss of independence and freedom.
- Loss of spirit.

We proudly serve families in Miami and the Broward County area with experienced and dedicated caregiver services that allow clients to maintain as much independence as possible while receiving the in home care assistance and companionship they need.



A proud member of the Senior's Choice Member Network

7700 N Kendall Drive, Suite 200
Miami FL 33156
Phone: (305) 441-9794
www.advancare.net



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Got the flu?
Know what to do.

Call today for your free assessment!



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Know what to do with the flu

Influenza, or the **flu** as it is commonly known, is a contagious illness that affects the respiratory system. Sometimes it is mild and goes away on its own, but it can develop into a serious illness that requires medical attention. Because your immune system gets weaker as you get older, it is wise to be thorough when dealing with the flu at an older age. According to the CDC one should take these three steps:

Get a flu vaccine.

- *If you get a yearly flu vaccine, it can greatly lessen your chances of getting the flu.*
- *Vaccines usually target the most common strains.*
- *High-risk people, including young children, people with chronic illnesses, pregnant women, and elderly people, should all highly consider getting vaccinated.*
- *Healthcare worker should also be required to get vaccinated in order to prevent spreading the illness.*

Prevent the spread of germs

- *Obviously, one should avoid coming into contact with someone that is sick.*
- *If you are sick, stay at home for at least a day and get proper medical care.*
- *Cover your nose and mouth when coughing or sneezing.*
- *Clean surfaces as well as yourself often to avoid spreading germs.*

Take antiviral medications

- *In some cases, your doctor may prescribe an antiviral to kill off your illness.*
- *They can greatly help shorten the life of your illness.*
- *They are especially great for the high-risk people mentioned before.*
- *They work best when taken within two days of getting the illness.*

Flu Symptoms

Some common symptoms include:

- ✓ Cough
- ✓ Sore throat
- ✓ Stuffy sinuses
- ✓ Muscle aches
- ✓ Fatigue
- ✓ Headaches
- ✓ Fever
- ✓ Chills
- ✓ Diarrhea
- ✓ Vomiting

High-risk people may develop other illnesses from the flu, like pneumonia, bronchitis, and various ear infections. Because of this, it is important to get medical attention as soon as possible.

If your loved one starts to have trouble breathing, sudden dizziness, pain in the chest or gut, severe cough, confusion, or severe vomiting, get them to the ER or urgent care immediately. If you can't get to the hospital, call emergency services.

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