

Healthy You Newsletter



Staying Healthy During 'Cold & Flu' Season



Illnesses such as influenza, strep throat, Norovirus and RSV are present and making people sick.

Top 3 Ways to Stay Healthy:

- Wash your hands often with warm water and soap.
- Eat a well-balanced diet rich in vitamin C.
- Get at least 8 hours of sleep every night.

If you begin to feel unwell, be sure to stay home and rest. If symptoms do not improve, call us at Eagle View to schedule an appointment!

National Poison Prevention Week

In 1961, Congress created National Poison Prevention Week to increase knowledge about how to prevent and stop poisoning accidents.

The goal is to teach about the risks of poisonings at any age and increase everyone's involvement in poison prevention. It takes place the 3rd week in March.

Poison Prevention tips:

- Keep all medicine in locked cabinets & out of reach of children.
- Have a working carbon monoxide detector.
- Follow instructions on all labels.
- Keep household cleaners away from children.
- Poison Control: 800-222-1222

Let Us Take Care of You

Feeling sick, need a physical, or looking for a Primary Care Provider?

We've got you covered!

Give us a call at (309) 924-2414

Same-day appointments available!

