

CLINIC View

Newsletter

Family Care Center Highlights

February 2023 Vol. 3, Issue 6

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Important Dates

- ❖ Go Red Event February 23rd
At the BOE from 3-6 pm B-12, Flu Shots and BIO Screenings

COVID UPDATE 22/23

- ❖ Positive cases isolate for a minimum of 5 days with pay
- ❖ Released from isolation after being fever free for 24 hours without fever-reducing medication
- ❖ Continue to wear mask for 10 days
- ❖ Employee will use employee portal to electronically self-report to provide your direct supervisor and payroll preparer with positive COVID-19 results
- ❖ Must show positive PCR test or Rapid test result

Tips To Help You Keep an Eye On Your Heart Health At Home

If you're looking to keep close tabs on your blood pressure, weight, or amount of exercise, there are some tools that can help motivate you and track your progress.

- ❖ Blood pressure monitor
- ❖ Heart rate monitor
- ❖ Smartphone app
- ❖ Scale

For more information [Click](#)

Sudden Cardiac Arrest

Sudden cardiac arrest (SCA) is the sudden loss of all heart activity due to irregular heart rhythm. Breathing stops, the person becomes unconscious. Without immediate treatment, sudden cardiac arrest can let to death.

Symptoms

Symptoms of sudden cardiac arrest are immediate and sever and include:

- ❖ Sudden collapse
- ❖ No pulse
- ❖ No breathing
- ❖ Loss of consciousness

When to see a doctor

- ❖ Chest pain or discomfort
- ❖ Feeling of a pounding heartbeat
- ❖ Rapid or irregular heartbeats of the
- ❖ Unexplained wheezing
- ❖ Fainting or near fainting
- ❖ Shortness of breath

For more information [click](#)



Heart Health Month

How To Make a Healthy Grocery List

Start by using the Heart-Check's digital grocery list tool. This tool will allow you to search for Heart-Check certified foods, create a grocery list, print or email your list as needed, and check off items as you find them! This tool is updated regularly to provide you with the most current list of Heart-Check certified foods. It can help you identify healthier foods to add to your shopping list including fruits, vegetables, nuts cereals, lean meats, deli meats, poultry, fish and more.

Would you like to learn more about the Heart-Check Digital Grocery list tool?

[click](#)