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1 HOUR HEALTH TALK ON: **INFLUENZA**

Influenza is a respiratory illness which is highly contagious. It is a serious condition because the infection at times can lead to complications and even death. Those who are at risk of serious flu complications are older people, young children, or people with chronic conditions.

Learning Objectives

At the end of the one hour talk, the participants will learn:

- how these illnesses would affect their health & work
- how to avoid contracting & spreading the illnesses

Outline

The one hour talk will include the following:

1. What is influenza (flu)?
2. What is influenza A (H1N1)?
3. What is common cold?
4. What are the sign and symptoms?
5. Who are the high risk groups?
6. Treatment for seasonal flu
7. How to decrease the risk of spreading infectious illnesses and to guard against them in your community and at your workplace

Target Group

Older persons aged 50 and above

Speakers

Our speakers are qualified practitioners actively involved in clinical practice of community geriatric nursing.

Enquiry

This talk is available in both English and Mandarin medium. Organizations that are keen to introduce this talk to your staff, members or clients can contact **Alice** at **6593 9555** or email alice@tsaofoundation.org to arrange for an appointment.

**ARE YOU WORRIED
ABOUT YOUR
COUGH ? YOUR
FEVER?**

It could be more serious than you think.....**AND, it could be contagious!**

Hua Mei Training Academy @ TSAO Foundation

Tsao Foundation set up the Hua Mei Training Academy (HMTA) in 1995 to spearhead and conduct training programmes to raise the overall level of geriatric care.

HMTA aims to promote ageing in a positive light; by delivering positive messages that older people are worthy of respect, and capable of living a meaningful and independent life, even as they need increasing levels of assisted living.

We specialize in conducting training for aged care and health professionals, volunteers and family caregivers on a wide range of topics comprises eldercare, dementia care, health promotion and the psycho-emotional dimensions of ageing.