



## Broward County Government Newsletter

October 2018

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### Community Care Plan, “the health plan with a heart”

#### Protect yourself and your family

The Centers for Disease Control and Prevention (CDC) says that a yearly flu vaccine is the first and most important step in protecting against flu viruses. The CDC also recommends that everyone 6 months of age or older should get a flu vaccine. People who are most at risk are young children, pregnant women, and people with chronic health conditions. Some of these conditions are asthma, diabetes, and heart and lung disease. People ages 65 and over are also at risk of serious flu complications.

##### Things you can do to protect yourself

- Get your flu shot every year
- Avoid close contact with sick people
- Wash your hands with soap and water
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may have germs on them

##### What to watch for

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue

What to do if you get the Flu: If you feel that you have flu like symptoms, go see a doctor as soon as possible. Going early means that an anti-viral medication can be given to you. This type of medication works best if taken within the first 48 hours from the time you get symptoms.



If you are not feeling well, before getting your flu shot you should talk to your doctor about your symptoms. Your Flu Shot is FREE! All you have to do is visit your Primary Care Doctor or CVS Minute Clinic.

Remember pregnant women are at increased risk during the Flu season. If you are or think you may be pregnant, please call 1-866-224-5701 to let us know. CCP offers specialized nurse case managers to help you with your needs during pregnancy. You may even qualify for additional help or services during and after your pregnancy.

Sources: Centers for Disease Control and CA Department of Health Services

#### Breast Cancer: Are you at risk?

Both men and women are affected by Breast Cancer. For women, it is the second most common cancer in the U.S. Risk Factors include:

- Family history
- Getting older
- Being overweight or not physically active
- Late or no pregnancy
- Hormone therapy
- Taking birth control pills
- Early menstruation (before age 12)

##### Symptoms

- New lump in the breast or armpit
- Swelling or thickening of part of the breast
- Irritation or dimpling of the breast skin
- Redness or flaky skin in the nipple area or the breast
- Nipple pulling inward
- Nipple discharge (other than breast milk), including blood

##### Ways to get checked

- Do a self breast exam monthly to check for lumps.
- Get a mammogram. Your doctor can help you make an appointment.

BCG Open Enrollment is here and CCP is offering several plans. Please **Choose CCP**. Call us at 866-224-5701 or visit [www.CCPcares.org/BCG](http://www.CCPcares.org/BCG) to learn about our benefits!

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*