



Quick Recap

Seniors are more vulnerable to flu, pneumonia, COVID-19, and skin infections—home teaching focuses on hygiene, vaccines, and early signs.

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SPEAK WITH OUR TEAM

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Preventing Common Infections

Virus & Bacteria Protection



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Hand hygiene: wash 20 seconds before meals and after bathroom; use sanitizer when soap is unavailable.
- Respiratory etiquette: cover coughs with elbow, dispose of tissues, and ventilate rooms.
- Watch temperature: any reading 100.4°F or higher means call the nurse or doctor.
- Keep flu, COVID, pneumonia, shingles, and RSV vaccines

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

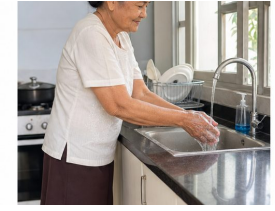
- Daily temperature and symptom check: fever, chills, cough, sore throat, congestion, or fatigue.
- Track oxygen level if a pulse oximeter is ordered; report readings below clinician thresholds.

Good to know

- Viruses spread through droplets and surfaces; bacteria may cause pneumonia, UTI, or skin infection.
- Hand washing for 20 seconds is the simplest infection defense.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Stay current on vaccines discussed with your primary care clinician.
- Avoid close contact with actively ill family members when possible.
- Disinfect high-touch surfaces: phones, remotes, handles, and walkers.
- Stock a basic first-aid kit and a thermometer at home.