

Arkansas Medical Supply

300 South Rodney Parham, Suite 18

Little Rock, AR 72205

501-227-8220 or 1-800-467-7446

Fax: 501-227-6260

info@arkansasmedicalsupply.com

www.arkansasmedicalsupply.com



AMS NEWSLETTER



March 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

Saint Patrick's Day



- St. Patrick's Day is observed on March 17, and it celebrates St. Patrick, who is said to have died on that date in 561 AD
- In Ireland, People wear small bunches of shamrocks on their clothes to celebrate the holiday. Children wear orange, white, and green badges, and women wear green ribbons
- The Irish flag is green, orange and white
- Four-Leaf clovers are considered lucky. Each leaf means something: Hope, Faith, Love, and Luck
- There are 10,000 three-leaf clovers for every four-leaf clover
- The traditional symbols for St Patrick's Day are the shamrock, leprechauns, green, a harp, the Celtic cross, and the Blarney Stone
- Americans also celebrate St. Patrick's day in a variety of different ways
 - Chicago dyes the river green each year
 - Seattle a green stripe is painted down the roads
 - More than 100 St. Patrick's day parades are held in the US--The largest being New York City and Boston

Calendar of Events

March

- March 11- Daylight saving time begins- Spring Forward
- March 17- St. Patrick's Day
- March 20- First day of spring
- March 25- Palm Sunday
- March 30- Closed for Good Friday and Passover begins

SU	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Closed	31

Flu Safety:

Planning ahead and stopping the spread of germs can decrease the likely hood of you contracting the Flu

- Every Flu Season you should get the flu vaccine. Everyone over the age of 6 months should get the shot.
- It may seem obvious but you should avoid people who are coughing or sneezing.
- Cover your mouth and nose with a tissue when you cough or sneeze. And be sure to sanitize your hands.
- PLEASE stay home from work or school if you are sick with a fever or have other flu symptoms. Flu spreads very easily and if you have a fever it is very contagious. You should wait 24 hours after fever dies to continue normal obligations.
- Wash your hands often with soap and water.
- People on average touch their face 15 times per hour (according to DR. Oz) Try consciously thinking of this during flu season and keep from touching your eyes, nose, and mouth. This helps keep germs out of your body.

Flu Symptoms:

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Chills
- Headache
- Fatigue
- Sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

STOP **FLU**
THE SPREAD OF
REMEMBER THE 3 C'S



1 CLEAN

Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



3 CONTAIN

Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

2 COVER

Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? Your sleeve will do.

