

**BRONX COMMUNITY BOARD No. 8**  
**MINUTES OF THE HEALTH, HOSPITALS AND SOCIAL SERVICES COMMITTEE MEETING**  
**Held on Monday, October 15<sup>th</sup>, 2018**  
**Board Office**  
**5676 Riverdale Avenue, Suite 100**  
**Bronx, NY 10471**

**PRESENT**

Omar Murray  
Cesar Genao-Mejia  
Tao Moran  
Karen Pesce

**AFFILIATION**

Chair, Health, Hospitals and Social Services Committee  
CB8-Committee Member  
CB8- Committee Member  
CB-8 Committee Member

**GUESTS**

Miguelina Calderon  
George Diaz  
Luis Garrido  
Geraldine O'Connell  
Miryam Rabner  
Carlos Tejeda

MIRA USA  
Community Resident  
MIRA USA  
RN, Montefiore Hospital  
MJHS Hospice  
Community Health Specialist, Montefiore Hospital

**ABSENT**

Steven Froot  
Martin Gluck  
Julia Gomez

CB-8 Committee Member  
CB-8 Committee Member  
Vice-Chair, Health, Hospitals and Social Services Committee

The meeting was called to order at 7:45 PM. Committee members and guests signed the attendance sheet on arrival. The meeting is started by Committee members and guests introducing themselves and their affiliation.

The previous meeting minutes of September 2018 was approved.

**Vote:**

Yes: 4  
No: 0  
Abs: 0

Registered Nurse Geraldine O'Connell begins a presentation on Influenza (flu) for the 2018 season by stating Montefiore Hospital is currently providing free flu vaccinations beginning in October. Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse. Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people certain health conditions or a weakened immune system are at greatest risk.

## **Ways to Reduce the Spread of Influenza**

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Miss O'Connell advise the Committee and guests that they should get a flu shot and encourage others to do the same to help prevent the spread and decrease the rate of infection. Miss O'Connell that many choose not to have a flu including health professionals such as nurses and doctors. Health professionals who choose not to have a flu shot is required to wear a face mask.

The Committee thanks Miss O'Connell and Mr. Tejada for coming and make this presentation on flu vaccine.

Meeting Adjourned 8:45pm.

Submitted by  
Omar Murray  
Chair,  
Health, Hospitals and Social Services Committee