

TADISO TIMES

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IMPORTANT NEWS

HOLIDAYS

Tadiso will observe Veteran's Day on November 12, and will celebrate Thanksgiving on November 22. Clinic hours will be 6am-1:45pm.

CHILD CARE ON THE WEEKEND

Child care services are available on weekends beginning at 7am.



AP Photo/Gene J. Puskar

END OF CONSTRUCTION.....Tadiso's construction process is coming to an end.

Please look for signs on when we will open the rear parking lot and entrance for patients. Please note:

- The lobby will include several scanners for patient use, to check their services for the day.
- Patients will be able to go directly to the Medical Department, without escorts.
- Patients scheduled for a drug screen, can wait in the waiting area to the right of the scanners. No escort needed.
- Since the Coffee House has been eliminated, a Coffee Shop, in the new lobby will be open for FREE COFFEE.
- If you have counseling, you will still go upstairs to the waiting room, to wait for your counselor.
- ALL GROUPS will be held on the 2nd Floor.
- The receptionist will have a desk in the lobby to help direct you to your scheduled services.
- If you are driven to the clinic by someone that IS NOT a patient at Tadiso, he/she **can not enter** the parking lot. You have to be dropped off at the street and you can walk in to the entrance. Only Tadiso patients can enter the parking lot. Security personnel can not break the rules for you.
- No smoking inside or outside the building. This includes vaping and e-cigarettes.
- The lobby has 1 unisex bathroom for patient use.
- Please be patient and allow for extra time at the clinic during this transitional period.





HAND, FOOT, AND MOUTH

Hand, foot, and mouth disease is a common viral illness that usually affects infants and children younger than 5 years old.

However, it can sometimes occur in older children and adults. Typical symptoms of hand, foot, and mouth disease include fever, mouth sores, and a skin rash.

The viruses that cause hand, foot, and mouth disease can be found in an infected person's:

- Nose and throat secretions (such as saliva, sputum, or nasal mucus)
- Blister fluid
- Feces (poop)

One or two days after the fever starts, painful sores can develop in the mouth (herpangina). They usually begin as small red spots, often in the back of the mouth, that blister and can become painful.

A skin rash on the palms of the hands and soles of the feet may also develop over one or two days as flat, red spots, sometimes with blisters. It may also appear on the knees, elbows, buttocks or genital area.

Some people, especially young children, may get dehydrated if they are not able to swallow enough liquids because of painful mouth sores. You should seek medical care in these cases.

Not everyone will get all of these symptoms. Some people, especially adults, may become infected and show no symptoms at all, but they can still pass the virus to others.

You can get exposed to the viruses that cause hand, foot, and mouth disease through:

- Close personal contact, such as hugging an infected person
- The air when an infected person coughs or sneezes
- Contact with feces, such as changing diapers of an infected person, then touching your eyes, nose, or mouth before washing your hands
- Contact with contaminated objects and surfaces, like touching a doorknob that has viruses on it, then touching your eyes, mouth, or nose before washing your hands

TREATMENT

There is no specific treatment for hand, foot, and mouth disease. However, you can do some things to relieve symptoms:

- Take over-the-counter medications to relieve pain and fever

(Caution: Aspirin should not be given to children.)

- Use mouthwashes or sprays that numb mouth pain
- If a person has mouth sores, it might be painful for them to swallow. However, it is important for people with hand, foot, and mouth disease to drink enough liquids to prevent dehydration (loss of body fluids). If a person cannot swallow enough liquids to avoid dehydration, they may need to receive them through an IV in their vein.

If you are concerned about your symptoms you should contact your health care provider.

HAPPY THANKSGIVING
FROM TADISO STAFF



REMEMBER TO HONOR ALL VETERAN'S
ON NOVEMBER 11

