

We all know they're coming...the holidays are practically here. And with the fast-approaching season comes more travel, more parties, and more cooking. Between the months of late

Important Holiday Safety Tips

November and early January, we all must remember to take certain precautions to keep ourselves, our friends and our families safe and sound. Read our blog to learn more.



RSV, or respiratory syncytial virus, causes infections of the lungs and/or respiratory tract. The virus is quite a prevalent one; for example, the Mayo Clinic reports that most children have been infected with the virus by the time they are two. Children are not the only ones

who can get sick with RSV - adults can also contract the virus. Although most adults and healthy, older children experience mild symptoms that mimic the common cold, infants and babies 12 months and younger, older people, individuals with heart and/or lung disease and those who are immunocompromised sometimes experience severe complications that require medical care and intensive treatment. Read our blog to learn more.



According to the results of a new study spanning the last three flu seasons, health experts are officially backing the high-dose flu vaccine for individuals over the age of 65. The highdose vaccine contains four times as many antigens as standard-dose vaccines do, and offers more comprehensive protection, lowering the severity of potential complications in breakthrough cases. The Centers for Disease Control and Prevention CDC) report that flu activity typically peaks between December and February and recommend routine annual

influenza vaccinations for all people over the age of 6-months-old who do not have any contraindications. Read our blog to learn more.



To learn more about Personal Injury, click here. **WORKER SAFETY**

able to demonstrate that Uber has a deep-seated and prevalent issue with sexual assault

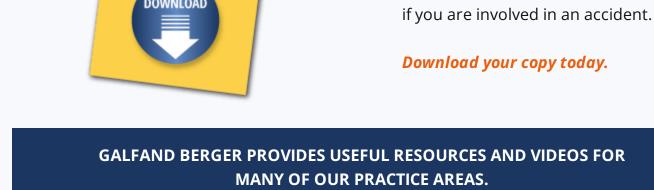
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and endangering passengers.



PEDESTRIAN SAFETY





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have and how to best protect yourself

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