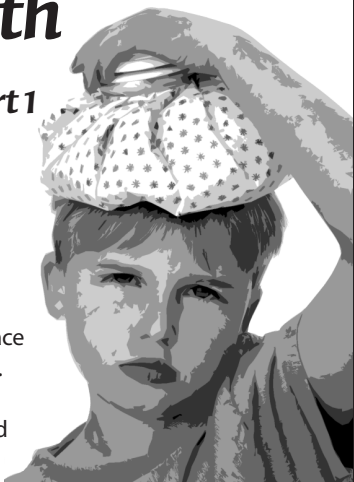


# Preventive tips to keep you healthy... from New London Hospital.

## Home Health Care Tips *part 1*

Over the next several weeks, New London Hospital will bring you a series of health tips to help you prepare for appropriate self-care at home.

More of your health care takes place in your home than anywhere else. Having the right tools, medicines, supplies, and information on hand will improve the quality of your self-care.



Self-care tools are the basic equipment of your home health center. Store all your self-care tools in a central location such as a large drawer in the bedroom or family room. It's also a good idea to keep all your family's medical records in one place. If small children are around, keep your supplies out of reach or stored in containers or cabinets with childproof safety latches.

### **Self-care Tool #1: Cold Pack**

A cold pack is a plastic envelope filled with gel that remains flexible at very cold temperatures. Buy two cold packs and keep them in the freezer. Use them for bumps, bruises, back sprains, turned ankles, sore joints, or any other health problem that calls for ice. A cold pack is more convenient than ice and may become the self-care tool you use the most.

You can make your own cold pack. For example, a bag of frozen vegetables will also work.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to [discover.health@newlondonhospital.org](mailto:discover.health@newlondonhospital.org)



**Source:** National Institutes of Health  
*Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.*