



Health and Wellness Tip of the Week Week 48 – November 25, 2019

Organization Is Key

Keeping up with health records for a loved one can be time consuming. Make files easy to find in case you need to find them quickly during a crisis. Keep them up to date and be sure to include all key records such as health conditions, medications, health care providers and emergency contacts.

It's always better to be prepared when it comes to caring for a loved one.

Source: Centers for Disease Control

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

