



FREE
CONFIDENTIAL
24/7

POISONING CAN HAPPEN TO **ANYONE** AT ANY AGE!



DO remain calm.



DON'T take (give) syrup of ipecac or make vomit unless instructed by Poison Control.



DON'T drink milk or water.

WHEN LIFE HAPPENS...

Poison centers are ready 24/7 with fast, free advice.

I ate something that made me sick!

I splashed cleaner in my eye.

My child swallowed a button battery.

A snake bit me.

Our carbon monoxide alarm is going off!

My baby ate rat poison.

I took my medicine twice.

WHEN YOU HAVE QUESTIONS, OUR EXPERTS HAVE ANSWERS

<https://olwparish.org/2021/03/23/national-poison-prevention-week-march-21-27/>

PREPARE
Save the Poison Control number 1-800-222-1222 in your phone in case of an emergency.

PREVENT
More than 90% of poisonings happen in the home. Take steps to make your home safer.

PROTECT
Seconds count! If you suspect a poisoning, don't take a chance. Call us right away.

BREAST CANCER AWARENESS MONTH

This month, let's spread the message: Schedule your mammogram. Encourage others. Together, we can save lives.

Every October, communities across the country recognize Breast Cancer Awareness Month—a time to support survivors, remember loved ones, and take steps toward prevention.

One of the most important actions women can take is scheduling an annual mammogram. Mammograms can detect breast cancer early, often before symptoms appear, and when treatment is most effective.

Who should get screened?

- ✓ Women age 40 and older should have yearly mammograms.
- ✓ Women with higher risk factors (family history, genetic risk, etc.) may need to start earlier—talk with your healthcare provider.

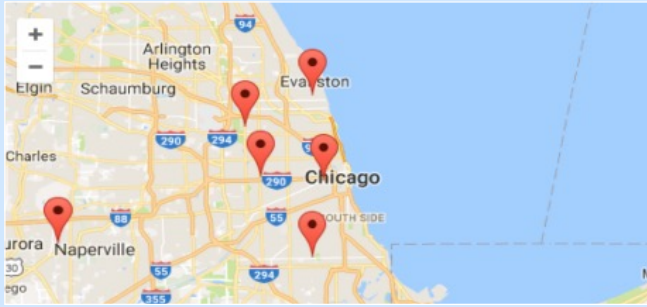
Why it matters:

- ✓ Early detection saves lives.
- ✓ Regular screenings give peace of mind.
- ✓ Encouraging friends and family to stay up to date with their health helps protect our entire community.

B Station @ Polk Street will soon begin renovations designed to enhance the environment for you. While this important work is underway, physicians and staff will temporarily relocate to different UHS locations (87th, Norridge, Evanston). Please look out for additional communication for your upcoming B Station appointments.

WE'VE GOT EXCITING NEWS !!

Union Health Service operates six facilities throughout Chicagoland providing primary and specialty care



UHS LOCATIONS INCLUDE:

- 1634 W. Polk St. Chicago, Illinois 60612
- 4701 N. Cumberland Ave. Norridge, Illinois 60706
- 2800 W. 87th St. Chicago, Illinois 60652
- 610 S. Maple St. Oak Park, Illinois 60304
- 3535 E. New York St. Aurora, Illinois 60504
- 1325 Howard St. Evanston, Illinois 60202

For more information on UHS locations please refer to our website www.unionhealth.org.

UHS SUBURBAN CONTRACTING FACILITIES

Primary Care/General Medicine

McGowan Family Health and Wellness Center
Chicago Heights 60411

mcgowanfamilyhealthandwellnesscenter.com

Provida Family Medicine

Gurnee 60031

providafamilymedicine.com

Zmedi

Orland Park 60462 | Palos Heights 60463

zmedigroup.com

Alex Iskander, MD

Plainfield 60586

saintmaryinternalmedicine.com

Pediatrics

Bharti Amin, MD

Matteson 60443 | 708-748-5910

Rush Copley Pediatrics

Aurora 60504

rush.edu/locations/rush-copley-medical-group-pediatrics-aurora-ridge

Obstetrics & Gynecology

Ob-Gyn Associates of Libertyville, SC

Libertyville 60048

obgynedocs.com

Rush Copley OB/GYN, Eola

Oswego | Aurora

rush.edu/locations/rush-copley-medical-group-ob-gyn-aurora-2020

OB/GYN Health Associates, SC

Orland Park 60467 | Oak Lawn 60453

obgynhealthassociates.com/

UHS FLU CLINIC 2025

Union Health Service will be offering Saturday Flu Clinics at our Polk Street Location from October 4 through November 8, 2025. Scheduling is available 8am–4pm and The clinic includes pediatric patients 5 years and up.

FLU SHOTS AVAILABLE

- ✓ Saturdays | 8am - 4pm
- ✓ October 4–November 8
- ✓ Polk St. Clinic only –Station A

Other recommended vaccinations should be discussed with a Primary Care Physician.

Flu season starts in October, with the peak between December and February. The CDC recommends an annual flu vaccine for everyone six months of age and older. Call the Member Service Department 312-423-4200 x7997 to schedule your annual flu vaccination.

DID YOU KNOW?

In addition to individual dietitian appointments, UHS offers diabetes group sessions in English and Spanish. The presentation provides extensive and up-to-date education on diabetes management. You can call the dietitians directly to schedule an appointment, or answer any questions you may have.

FOR ENGLISH:

Sally Orloff
312-423-4366

FOR SPANISH:

Mario Villalobos Medran
312-423-4394



**CALL
BEFORE
YOU
GO!**

- Our call center is ready to assist you during clinic hours
- Our answering service and on-call Physician are available after hours and on holidays
- Our team of Nurses and Physicians will triage your call and direct you to the appropriate care
- We offer same day appointments, if needed
- If you require more urgent medical attention, our team can direct you to the nearest in-network Urgent Care Center or Emergency Room
- All visits outside of UHS require a referral to avoid patient financial responsibility.