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### AOC Tips:

- Do not move your response system without first calling AOC. We will give you information on how to disconnect and reinstall your unit. We will then update your account information to assure we have the correct address and directions.

### Direct Draft Card

Your account will be drafted on or after the 5th of each month. Please sign the card and return with a voided check. A "test" draft will be activated for the first month to ensure accuracy, therefore, you will receive one more statement for that month to be paid by check or money order. Thereafter, all monthly payments will be direct drafted from the account requested by you.

## Cold & Flu Report

### COLDS

Most people catch colds by inhaling the cold virus from someone who is ill or by having hand-to-hand contact with them. Contrary to popular belief, cold air won't make you more vulnerable to catching a cold, but dry air will. Here are a few tips to help you avoid a cold this season.

— Wash your hands frequently.

— Avoid close contact with anyone suffering from a cold. Cold viruses easily spread from the hands of someone who is ill to the eyes, nose and hands of someone who is not. Cold viruses are also easily spread through sneezing.

— Keep kitchen and bathroom counter tops clean, especially when someone in your family has a cold.

— Discard used tissues right away.

— When indoors, make sure the air is not too dry. Dry nasal passages are more vulnerable to the cold virus.

— Quit smoking. Those who smoke are more susceptible to colds and other respiratory illnesses.

### INFLUENZA

While most people consider influenza a seasonal annoyance, it is a viral disease that can develop into more serious illnesses, sometimes resulting in death. Like a cold, influenza is spread through close contact with someone who is infected. Tips for avoiding colds are also effective in avoiding flu. There are also vaccines and drugs that can buffer your resistance.

### GET AN ANNUAL FLU SHOT

The Advisory Committee on Immunization Practices recommends an annual flu shot for people at high risk for complications from influenza.

These include people over 65 and those with chronic cardiovascular or pulmonary disorders. The best time to get a flu shot is between September and mid-November.

This information is not intended as medical advice in any particular case. Please consult a physician as appropriate.

Sources: [Mayo Health Oasis](#), [The National Centers for Disease Control](#) & The Medical Advisor

#### Authorization Agreement for Pre-authorized Payments

Co. Name: Acadian On Call

Co. ID #72-0701964

I (we) hereby authorize *Acadian On Call* to initiate debit entries to my (our) Checking account indicated below at the depository named below, hereinafter called DEPOSITORY, to debit the same to such account.

Depository Name: \_\_\_\_\_ Branch: \_\_\_\_\_

City Routing Number \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Account # \_\_\_\_\_

This Authorization is to remain in full force and effect until *Acadian On Call* has received written notification from me (either of us) of its termination in such time and in such manner as to afford *Acadian On Call* and DEPOSITORY a reasonable opportunity to act on it.

Name(s): \_\_\_\_\_ ID # \_\_\_\_\_

Date: \_\_\_\_\_ Signed X: \_\_\_\_\_ Signed X: \_\_\_\_\_

Note: All written debit authorizations MUST provide that the receiver may revoke authorization only by notifying the originator in the manner specified in the authorization.