



November 2016

**Plan Ahead, and Don't be Stuck in Bed**

With the beautiful fall colors, sunny brisk days and cool dark nights comes cold and flu season. Don't let illness get in your way, prepare to stay well.

**Get your flu shot!** It's simple, and effective. Though it doesn't work for everyone 100% of the time, it does reduce the severity of symptoms if you do catch it.

**Wash your hands!** Using hand sanitizer is great- use it often, but if your hands are soiled with stool, urine, vomit, spit, or any other visible dirt, use soap and water and wash those hands or 20 seconds...Want to make that time fly by, sing the "Happy Birthday" song and you'll be done.

**Contain that cough!** Cover your mouth with a tissue or your elbow. If you can, wear a mask when around others until you can hum a few bars without hacking.

**Drink plenty of fluids!** Even when you're healthy, drinking fluids, especially water can keep you hydrated and less run down. The stronger you are today the better you will be tomorrow.

**Eat good quality food!** Vegetables are packed full of natural vitamins and nutrients. The fall is the perfect time to eat plants like squash, carrots, potatoes, and dark leafy greens. This will keep your immune system built up so you can fight off any germs that might be hanging around.

**Sleep well!** Your body needs rest. Sleep at night then get out of bed and have a great day. Most people need 8 hours but some need as little as 6 and others need as much as 10. Make sure you have a good bedtime routine so you can get the rest you need to take on the day.

Finally, did we say "get your Flu Shot"?

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Source: <http://www.vdh.virginia.gov/home/seasonal-influenza-2015-2016/>

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