

Planning for Flu Season



This the beginning of flu season and there is other illness like COVID and RVS lingering as well. Nobody like to be sick, especially with the flu! Therefore, it is critical to do what we can stay healthy and prevent the spread of germs. Here are 10 practical optional for protecting yourself and other during this flu season.



GET A FLU SHOT

Experts agree that of all the methods, getting a flu shot is the best way to prepare for flu season. It is recommendation for everyone older than 6 months of age.



PHYSICALLY DISTANCE FROM OTHERS

One of influenza's main methods of transmission is through respiratory droplets. We can avoid breathing these in from our neighbors by keeping a safe distance.



COVER YOUR NOSE & MOUTH WHEN COUGHING OR SNEEZING

Wearing a face covering or just covering your nose & mouth when coughing &/or sneezing efficiently reduce the spreading viral droplets produced from our nose and mouth.



WASH HANDS WITH SOAP & WATER OR AN ALCOHOL-BASED HAND SANITIZER

Hand hygiene through alcohol-based hand sanitizers or plain dish soap has proven highly effective in killing influenza viruses and other microorganisms.



AVOID TOUCHING EYES, NOSE & MOUTH

Despite how clean your hands might be, bacteria resides on more things than we realize. It's better to be safe by avoiding touching our faces as much as we can.



MAINTAIN EXERCISE, PROPER NUTRITION & REST

All three of these support in keeping your immune system strong. This will help in fend off not just influenza, but a slue of other infections as well.



REGULARLY DISINFECT FREQUENTLY TOUCHED AREAS AT HOME & WORK

Targeting highly trafficked areas for disinfection, you can reduce the risk of coming into contact with harmful viruses.



MANAGE STRESS WITH PRACTICAL METHODS

Stress, especially prolonged stress, can weaken your immune response. There are many practical ways to manage stress, like enjoying green tea, practicing mindful meditation, or getting a massage.



DRINK PLENTY OF FLUIDS

Drinking water has been associated with improved immune function. There are also plenty of flavorful juices packed with nutrients and antioxidants like vitamin C — molecules that protect your cells.



STEER CLEAR OF SMOKE

Smoking can lower your immune response and research has shown it can also change the structure of your respiratory tract — making smokers more susceptible to infections, such as the flu.