

Holiday Season and Germs

The holidays are upon us and so is the flu season! With the hustle and bustle, we tend to get overstressed, and our immune systems are drained from lack of sleep, improper diet, and lack of exercise. So catch the holiday spirit and not the flu! Improve your chance of fighting off influenza and staying healthier this flu season by taking three simple steps:

Step #1 Take time to get a flu vaccine. The single best way to prevent the flu is to get the flu vaccination each year. The flu can strike anytime from now until spring, so it isn't too late or too early to get the flu vaccine.

Step #2 Take everyday precautions. Cover your nose and mouth when coughing or sneezing with a barrier other than your hand, such as a tissue or paper towel. If these are not available, cough or sneeze into your sleeve or crook of your elbow.

Step #3 Wash your hands often. Washing your hands is the simple most important thing you can do to prevent getting any kind of virus. If you do not have access to soap and water, carry around hand sanitizer in your purse or car (it will work until you can get to soap and water).

Anytime you touch a door knob, phone, hand rail, shopping cart, faucet handles you have touch someone else's germs.

PROPER WAY TO WASH YOUR HANDS

1. Wet

2. Wash with soap for 20 seconds

3. Rinse

4. Dry

5. Turn off water with paper towel

6. Open bathroom door with same paper towel, then throw away.