

HealthyBy Choice

...One Day at a Time

Volume 15 Issue 12 • December 2020



NATIONAL INFLUENZA VACCINATION AWARENESS

CDC Says “Take 3” Actions to Fight Flu:



1. Take time to get a flu vaccine.
2. Take everyday preventive actions that may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.
3. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.

How does flu spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

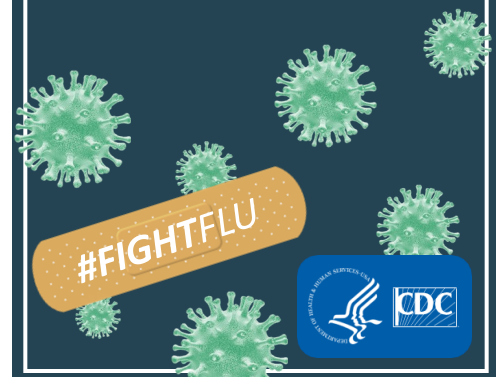
What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.

CDC FLU FACT

The flu vaccine does not cause flu.

A flu vaccine is the best protection against flu.



Happy
HOLIDAYS



Protect yourself...get the flu shot!



HealthyBy Choice

...One Day at a Time



LIFE IS BETTER WITH CLEAN HANDS

Stop Germs! Wash Your Hands

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

When to Wash:

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After touching high-touch common areas
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How to Wash:

WET your hands with clean, running water and apply soap.

LATHER your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers and under nails, as well as your palms.

SCRUB your hands for at least 20 seconds.

RINSE your hands under clean, running water.

DRY your hands using a clean towel or air dry.



Healthy Habits...Healthy Body!

