

### **It's Flu Season. Yikes!!**

Have you all seen in the news all the school closings due to the flu outbreak??! It is shaping up to be a rough cold and flu season this year. Arkansas has already reported 19 deaths this flu season due to flu. What do we do about it and how do we protect ourselves against getting sick?

The very best way to help prevent the flu is to get vaccinated each year. Although it is not 100% effective at preventing you from catching the flu, your symptoms will be less intense and the length of the illness will be much shorter.

#### **Here are some tips:**

1. If you are sick, stay at home. We don't want to spread the illness to anyone else!
2. Wash hands, and wash frequently. Washing your hands is the single most important thing to do to help prevent the spread of germs.
3. Cover your cough and sneeze! Coughing and sneezing into your sleeve will help prevent any germs from being spread through the air.
4. Avoid close contact with those that are sick. Unfortunately, flu virus and other common colds are very contagious. ☹️
5. Let Lysol or other disinfecting agents be your best friend this time of year! Spray and wipe down surfaces frequently to help minimize the chance of spreading germs.

#### **Let's boost our immune systems to help keep us healthy and flu-free!**

- Drink lots of water – like a lot of water. Staying hydrated will help keep your system flushed of toxins.
- Don't smoke – smoking, unfortunately, decreases your immune response and makes it easier to get sick.
- Eat lots of fruits and veggies – Vitamins and minerals found in fresh fruits and vegetables helps you run in tip-top shape.
- Sleep! – getting adequate sleep helps your body operate in optimal condition.
- Exercise regularly – your body will thank you! 😊
- Vitamins – taking a daily multivitamin will supplement the nutrients you are getting from your diet. Many claim that other supplements like Echinacea, elderberry, ginseng, ginger, or oregano are also helpful to your immune system. Always check with a healthcare provider before starting any supplements to ensure they are compatible with your prescribed medication or conditions.