



To Do: Prevent the Flu this Year

Flu season can begin as early as October, peaks around January or February, and can continue as late as May. So, it is important to start taking steps now to help protect you and the ones you care about from the flu this season.



✓ See a healthcare provider

- Get a flu shot. This year's flu shot protects against three strains of the flu virus that will be the most common. The Centers for Disease Control recommends that people 6 months or older get the flu vaccine.

There are many places in the area to get a flu shot such as Walgreens, CVS, Kroger, your family doctor, or your local hospital (McCullough-Hyde Memorial Hospital's Immunotherapy Clinic offers the flu shot!).

- If you think you have been exposed to someone with the flu or if you have the flu, ask your healthcare provider about antiviral drugs.

✓ Stop the spread of germs

- Cover your cough or sneeze with the inside of your elbow or a tissue.
- Wash your hands with warm, soapy water often.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick to stop the spread of the flu virus to others. It is recommended to stay home 24 hours after your fever subsides.



✓ Keep your immune system strong

- Eat a diet high in fruits, vegetables, and whole grains, and low in saturated fat.
- Control your blood pressure.
- Maintain a healthy weight.
- Get adequate sleep.
- Exercise regularly. This can be tough in the winter, but try setting a goal to go to the gym 2-3 times per week at a convenient time. Or, exercise with a group or your family by taking a trip to SkyZone in Springdale, OH.
- Manage your stress.
- Keep warm.
- Don't smoke.

