



FLU

WHAT TO DO?

PREVENTION

The absolute best thing you can do to avoid flu is to get a flu shot if it's right for you. Consult your Doctor for advice regarding the flu vaccine. The next best thing is to wash your hands often! You should also avoid touching your face and use hand sanitizer.

One thing most people don't know is that you shouldn't cover your mouth and nose with your bare hand if you sneeze or cough. Use a tissue and immediately throw the tissue away, or turn your head and cough into the air away from the people around you. Sneezing or coughing into your hand spreads germs to others you come in contact with more so than coughing into the air.

TOO LATE?

If you're feeling like you're coming down with something or are in the early stages of cold or flu, the best thing you can do for yourself and others is to stay home! By staying in bed under the covers during the onset of flu, it allows your body to spend its energy towards fighting your illness. Take care of yourself, by treating your symptoms, and drinking lots of water or juice.

A LITTLE HELP

A few home remedies to help you on your road to recovery:

Chicken soup to help clear nasal clog.

Ginger to settle stomachs.

Chili Peppers open sinuses, and help break up mucus in the lungs.

Blueberries, rice and green or black tea help to offset diarrhea.