

# FIGHT INFLUENZA

A dangerous flu season is currently widespread throughout the United States breaking records for hospitalizations and death, and unfortunately it's predicted to get even worse. There are several steps recommended below by the CDC (Centers for Disease Control) that you should take to help prevent catching the flu and reduce the spread of viruses that cause it. It's easier than you think!

## #1 Get vaccinated.



Vaccination is the first step to flu prevention. The CDC recommends that in general, all healthy people should get vaccinated. The CDC now recommends that, in addition to other high risk groups, all healthy children get a flu vaccination as well. This year the Flu season is predicted to be at it's peak in February with activity lasting as late as May.

**It's not too late to get your flu shot!** The CDC recommends ongoing flu vaccination as long as the flu viruses are circulating, even into February or later. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy or urgent care clinic. With Flu activity predicted to extend well into May, the CDC strongly recommends getting the flu shot now. You can visit <https://vaccinefinder.org/> to find convenient locations still offering the flu shot across the nation. In fact, if you are on FirstFleet's Blue Cross Blue Shield Medical Insurance don't forget, your flu shot is **FREE** when you go to an In-Network provider.

## #2 Wash your hands.



Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands often and staying away from sick people is the best way to prevent getting sick.

## #3 Do the elbow cough.



Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. And It's also an easy technique to teach kids!

## #4 Disinfect common surfaces.



A recent study found a strain of the flu virus was present on 60% of common household items in homes that had just one sick family member. Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Use Clorox disinfecting products on phone receivers, doorknobs, light switches, and remote controls.

## #5 Drink Water.



Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, rehydrates you and washes out the toxins. Adults should drink eight 8-ounce glasses of fluids each day.