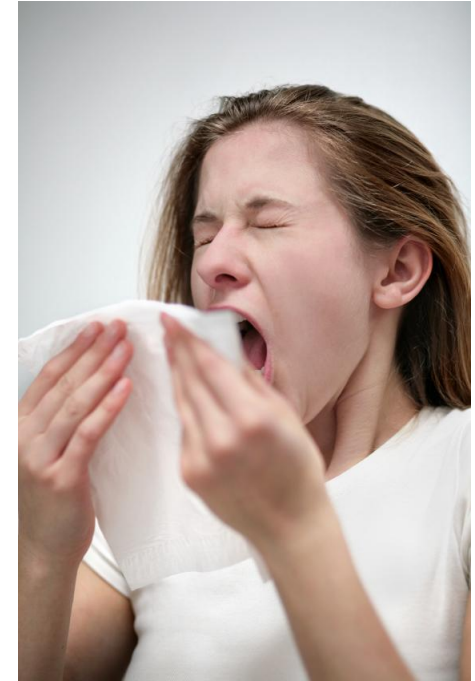


HEALTH TIPS FOR WINTER, 2010



COLD AND FLU PREVENTION
BY
JANE WEST, R.N.
PARISH NURSE



GET A FLU SHOT



- Recommended for everyone over 6 months of age
- Ideal time is November or December but it is never too late
- It is necessary to get a flu shot every year as the strains of flu are always changing



EXERCISE



- Stimulates immune cells that target infection
- Daily moderate activity for 30 minutes can limit colds to 1 per year while most people get 4 colds per year
- Don't overdo it. No marathons. Just walking, swimming, dancing, bike riding gentle exercise



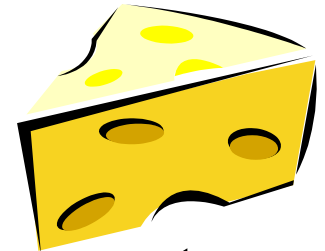
HYDRATE, INSIDE AND OUT

- Drink plenty of water which also improves key immune functions
- Keep your home warm and moist. Use a humidifier if necessary as low humidity helps the flu virus spread.
- When the nose is well hydrated, it does a better job of keeping viruses out.



EAT PROBIOTIC RICH FOOD

- WHAT IN THE WORLD ARE PROBIOTICS?
- Probiotics are friendly germs that crowd out bad germs that make us sick.
- WHERE CAN I GET SOME?
- Foods containing probiotics are: yogurt, buttermilk aged cheese, sauerkraut, miso, brewer's yeast.
- Supplements by mouth are also available.





SLEEP



- Sleep at least 7 to 8 hours each night
- Sleeping less than 7 hours can make you 3 times more likely to develop a cold
- Even minor sleep deprivation suppresses immune function



WASH YOUR HANDS!



- This is your **BIGGEST** defense against cold and flu germs!
- Washing for 20 seconds can eliminate 90% of germs on your hands
- Singing Happy Birthday 2 times is about 20 seconds
- If unable to wash, use an alcohol based hand sanitizer
- Wash hands after shaking hands, touching door knobs, TV remotes, fridge handles



KEEP IT CLEAN

- Keep your hands away from your face
- Turn your head away from someone who is sneezing or coughing for 10 seconds.
- If you have to sneeze or cough, do it into your sleeve
- Stay home if you are sick. Don't spread it

