

--- Quick Health Tips Guide ---

Flu Prevention

While influenza can affect people of all ages, those 65 and older are at a higher risk of developing serious complications from the flu. But don't worry!

There are several effective strategies you can employ to protect yourself and stay healthy throughout the flu season.

The single most important step you can take to prevent the flu is to get vaccinated. For seniors, this is particularly crucial. The Centers for Disease Control and Prevention (CDC) recommends that everyone aged 65 and older receive a high-dose flu vaccine.

1 CONTROL COUGHS



Cover your nose and mouth with a tissue when you cough or sneeze...or cough or sneeze into your upper sleeve, not your hands. Throw the tissue in the trash after you use it.

2 WASH YOUR HANDS



Wash your hands often with soap and warm water for at least 20 seconds, especially after you cough or sneeze...or clean with an alcohol-based hand cleaner

3 AVOID YOUR FACE



Avoid touching your eyes, nose or mouth. Germs spread this way.

4 MINIMIZE CONTACT



Try to avoid close contact with sick people. Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

As we age, our immune systems naturally become less robust, making us more susceptible to illnesses like the flu. However, by taking proactive steps to protect ourselves, we can significantly reduce our risk of getting sick.

Start by getting your annual flu shot! Practicing good hygiene, boosting your immune system, and minimizing exposure to the virus can help keep you healthy so you can enjoy all the wonderful aspects of the fall and winter seasons.

Stay vigilant, stay healthy, and most importantly, stay you!