

# Wellness Letter

October 2011



Addison-Penzak Jewish Community Center

## Staying Healthy Through Flu Season

Flu season is unpredictable! Give yourself the best chance at preventing and fighting off the flu by following these simple steps.

### WASH YOUR HANDS!

Washing your hands thoroughly and often is the single most effective way to help prevent the spread of germs. Use soap and warm water, and thoroughly scrub, including under nail beds, & in between fingers. If soap and water aren't available, use an alcohol based hand rub solution for the time being, and wash your hands as soon as possible afterwards as well.

### USE TISSUE & DISPOSE

When you sneeze or cough, cover your mouth with a tissue, and immediately dispose of it in the garbage. Follow up with #1 (above)!

### DON'T TOUCH YOUR FACE

Touching your eyes, nose, mouth, etc can easily increase the spread of germs. If you do touch your face, make sure that you follow up with #1 (above) immediately afterwards!

### USE DISINFECTANT

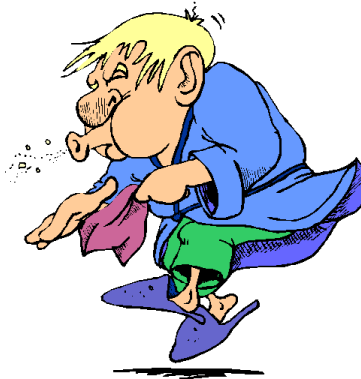
We have contact with a lot of potentially contaminated surfaces each day. Use disinfectant to clean surfaces at the office, home, the gym (before and after use) to help prevent the spread of germs.

### GET PLENTY OF REST

Your body needs sleep to fight off any potential infections, and to keep your immune system strong. A full 8 hours nightly are recommended for optimum health.

### EAT WELL

Eating nutritious food consistently fuels your body with the nutrients it needs to help fight off the flu.



### EXERCISE

Regular bouts of exercise help your body to stay in fighting shape! The CDC recommends a minimum of 150 minutes of moderate intensity aerobic activity and muscle strength activity on at least 2 days per week for adults.

Recommendations for children include at least 60 minutes per day of physical activity.

### REDUCE STRESS

Too much stress is bad for your mental and physical

health. If your body is already overly stressed, the added stress of fighting off the flu may be too much for it to handle, resulting in you actually coming down with the flu! Make time to decompress and to regularly relieve stress in whatever ways work best for you (exercise, meditation, deep breathing, get a massage).

### GET VACCINATED

The CDC is recommending that everyone 6 months of age or older should get vaccinated this year. It is especially important for people at high risk of severe influenza (children, elderly, those with compromised immune systems) and their close contacts, including healthcare personnel.

### STAY HOME!

If you are sick with a flu-like illness, stay home for at least 24 hours after your fever has subsided (without fever reducing medications), except to get medical care or other necessities. Flu symptoms may include a fever, sore throat, cough, runny or stuffy nose, extreme tiredness, headache, muscle aches and pains, and stomach problems.

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