



Stay healthy

Protect yourself during flu season

Flu season is here. The news is buzzing about flu shots and washing your hands. While there is no cure, a few small steps can make a big difference in helping to keep you healthy.

Stock up

Now is the time to get the supplies you'll need if you or a family member gets sick. Cold medicines, pain relievers, a thermometer and tissues are must-haves. The flu can come on quickly and by having medicine ready, you can go right to bed at the first symptoms.

Have broth, soup, juice and sports drinks in the house. These can help you bounce back if you catch the flu. If there are other comfort foods you like to have when you're sick, make sure to have extras on hand.

The Centers for Disease Control suggests having a three-day supply of food and water on hand for every member of the household. This applies to any emergency situation, including a flu pandemic.

Clean up

The best way to protect yourself from the flu is to avoid germs as much as possible. Germs can be found on every surface you touch. Use cleaning wipes on doorknobs, remote controls and surfaces in the kitchen and bathroom. Keep a supply of wipes at work and clean your computer keyboard and workspace at least once per day.

Keep your hands clean. You can catch the flu by touching your eyes, nose or mouth. Wash your hands often and, if water isn't available, use an alcohol-based sanitizing gel. Clean hands protect you and your family from spreading germs.

If family members have the flu, try to keep them away from others. Wash the things they use immediately. A germy plate in the sink can infect an entire family. Use cleaning wipes and sprays in and around the sick person's room. Be sure to wash dishes and laundry in hot water and use high heat when drying.

Stay healthy

You'll want to keep your immune system healthy during this time. If you don't have the flu now, you can protect yourself.

Eat right, exercise, get enough sleep, take vitamins, drink plenty of water and avoid stress to boost your health. If you have any chronic health issues, check with your doctor to be sure you're doing everything you can to stay healthy.

Talk to your doctor about whether you should get a flu shot. A flu shot does not guarantee you won't get the flu but it may help protect you against some strains.

Keep your distance

A cough or sneeze can spread germs several feet. During flu season, make sure to put a little bit more distance between you and others to minimize the spread of germs. It's okay to not shake hands, hug or kiss someone.

Distance is important in public places like the line at the market or on the bus. Bring cleaning wipes to the market to clean off grocery cart handles and wipe down baskets before you place food in them.

You may wish to cut back on choices that put you in contact with others. Eating out, grabbing take-out or visiting a buffet can put you at risk. There are many steps to food preparation we never see. One sick person coming into contact with your food during this process can make you sick.

These steps can help prevent the spread of germs. Some extra cleaning and a few changes in your daily habits can go a long way toward protecting you and your family during flu season.

Getting help

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These confidential services are available to employees and their eligible household members 24/7.

Help is available 24 hours a day, 7 days a week.



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living.