



Parish Nurse corner

November 2025 | Volume 11

FLU SEASON 2025

The flu season is always a tricky part of the year. Some years are better than others, but planning is always the method to follow.

The first step in protecting yourself against the flu is simple: get vaccinated. This is especially true for people who are at high risk of developing serious flu-related complications, such as pneumonia. These include people who have asthma or diabetes, pregnant women, and those over the age of 65. The flu viruses are constantly changing, and each year's vaccine is specifically formulated to combat new strains.

Even if you are vaccinated, it's smart to practice safe habits. The flu viruses are spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

Because the flu is spread from person -to-person, you should always:

Cover your nose & mouth with a tissue when you cough or sneeze. OR Cough or sneeze into your upper sleeve.

Throw away used tissues at once since it is also possible to get the flu by touching a surface or object that has the flu virus on it.

Avoid touching your eyes, nose, and mouth as viruses and germs spread this way.

Wash your hands often with soap and water for 20 seconds. If not available, use an alcohol-based hand cleaner.

Avoid close contact with sick people.

Being aware of the symptoms of the flu allows you to catch it early, and avoid spreading it to loved ones and co-workers. The most common symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and chills. Some have vomiting and diarrhea. If you experience any of these, contact your primary physician.

The most important thing you can do, however, is stay at home and rest. It's also important to drink plenty of water, and other clear liquids to prevent dehydration and clear mucus.

There is a lot of information to stay on top of when it comes to the flu. If you have any questions or concerns, call your primary physician. Being informed is always the best medicine.

Have a blessed and healthy Thanksgiving holiday.

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