Parish Nurse Corner

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NINE TIPS ON HOW TO AVOID THE FLU

1. Get your Flu Shot.
2. Avoid close contact with people who are sick- stay at arm's length.
3. Stay home when you are sick.
4. Cover your mouth and nose with a tissue when coughing or sneezing. Toss the used tissue in the trash. OR Cough or sneeze into your upper sleeve, not your hand.
5. Avoid touching your eyes, nose and mouth.
6. Wash hands often with soap and warm water for 20 seconds, especially after coughing or sneezing. Alcohol based hand cleaners are also effective.
7. Carry hand sanitizer for use in public places (stair rails, doorknobs, public transportation, grocery stores, etc.).
8. Keep over-the-counter pain reliever/fever reducer on hand (check expiration dates on products you have in your home and replace products that have expired).
9. Practice good health habits, get enough sleep, drink plenty of fluids, be physically active and eat a healthy well-balanced diet.

"I can do all things through Christ which strengthens me."
Philippians 4:13

God's Blessings,
Peggy Taylor, RN
Parish Nurse



