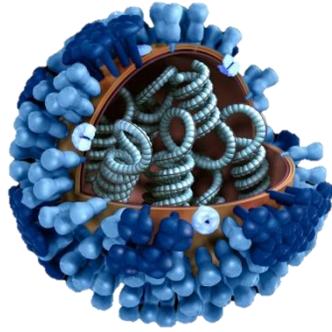


A Series of Vaccinations: What to Know About Influenza



Influenza (or better known as just “the flu”) is a nasty virus that can strike at any moment! It has a long history of plaguing us, and every year as the weather gets colder, we start to hear about that dreaded flu!

This year, instead of just waiting for the flu to come and get you, be proactive:

Choose to vaccinate!

Flu vaccines are easy to find and often times very low in cost or entirely free!

What exactly is Influenza??

Influenza is a contagious respiratory illness caused by flu viruses. *It can cause mild to severe illness, and at times can lead to death.*

Who Should Get Vaccinated?

EVERYONE!

Everyone is at risk for not only catching, but suffering other illnesses due to contracting the flu!

These illnesses include:

- Pneumonia,
- Bronchitis,
- Sinus and ear infections.

How Can I Prevent Spreading the Flu?

The CDC suggests taking the following actions:

- **Get your flu vaccine,**
- **Avoid contact with those who are sick,**
- **Cover your nose and mouth when coughing or sneezing,**
- **Wash your hands often and with soap,**
- **Avoid touching your eyes, nose, and mouth to reduce the spread of germs!**

What are the Symptoms?

You might have the Flu if you have some or all of these symptoms:

- **Fever* or feeling feverish/chills**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**
- **Muscle or body aches**
- **Headaches**
- **Fatigue (tiredness)**

Avoid the Food Coma: How to Manage Healthy Eating at Thanksgiving!

Thanksgiving is a time to relax, kick back, and enjoy the food and football!

*Unless...you're watching your weight and what you're eating. Then Thanksgiving is a nightmare. But! Before you start resigning yourself to eating all that stuffing, consider what food on the table is **actually** healthy!*



You'll be pleased to know that the beloved turkey is a healthy choice! It has plenty of protein, low in sugar, sodium, and fat.

If you want to go for an even healthier choice, consider **white meat** from the turkey rather than dark meat (dark meat has more fat in it).



At first glance, cranberry sauce seems like a good choice. It's made from a fruit, right?

Technically, but there's **a lot of sugar** that's added, *especially in the canned kinds.*

Consider skipping it all together and opting for fresh fruit instead! It's not only healthy, but better tasting!



Bread is a surprisingly good choice in comparison to the rest of what's on the table when you consider carbohydrates.

Stuffing, and green bean casserole are going to send your healthy hopes sinking but **bread (preferably wheat and in moderation)** can be an excellent alternative!

As always, if you have any questions, comments, concerns, or suggestions please let me know! Have a wonderful Thanksgiving!

- Ann Keidatz, R.N. B.S.N.