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## *Prevention is the Best Strategy for Fighting Influenza*

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### A message from the Health & Wellness Team

The best way to avoid getting influenza is to get vaccinated. Vaccination is recommended for everyone age six months and older. It's particularly important in certain populations who are more at risk such as:

- +Children younger than 5
- +Pregnant women
- +People older than 65
- +People with underlying autoimmune diseases
- +People with asthma and other chronic lung issues

The vaccine takes about two weeks to develop immunity. The most common time for flu season is end of October through spring — with the peak being January-February. So, when possible, plan on getting your vaccination by the end of October.

In addition to vaccinations, other precautions to take:

#### **1. Clean surfaces you touch frequently**

In the common areas at work, use disinfecting wipes on elevator buttons, doorknobs, handles, faucets, tables and copiers/printers. Clean your desk area at the beginning of your day. Wipe off your keyboard, mouse, telephone, pens and the surface of your desk. And don't forget your cellphone!

#### **2. At home, regularly clean:**

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|---------------------------|-------------------------------------|
| Dish sponges              | Kitchen Sink                        |
| Pet Bowls and Toys        | Coffee Reservoir                    |
| Bathroom Faucet Handles   | Countertops                         |
| Appliance knobs & Buttons | Light Switches                      |
| Toilet Handle & Seat      | Doorknobs                           |
| Cellphones                | Keyboards                           |
| Remote Controls           | Change Hand Towels/Use Paper Towels |
| Clean Shower Curtain      | Clean Indoor Garbage Containers     |
| Toothbrush Holders        |                                     |

#### **3. Wash your hands often**

Cleanse often with soap and water for 20 seconds or with an alcohol-based hand sanitizer when soap and water are not available.

#### **When?**

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| +Before, during, and after preparing food                              | +Before eating food                             |
| +After using the toilet  | +After blowing your nose, coughing, or sneezing |
| +Before and after caring for someone who is sick                       | +Before and after treating a cut or wound       |
| +After changing diapers or cleaning up a child who has used the toilet |   |
| +After touching an animal, animal feed or animal waste                 |   |
| +After touching garbage of any kind                                    |   |

#### 4. Maintain healthy habits

Get plenty of rest, physical activity and eat healthy.

If you get influenza, please don't share. Distance yourself from others so you don't help spread the virus. Stay home from work, church and public gatherings if you have:

Fever	Headache	Extreme tiredness	Cough
Runny or stuffy nose	Muscle aches	Nausea, vomiting and diarrhea	Sore throat

Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow. Flu and other serious respiratory illnesses such as respiratory syncytial virus (RSV) and whooping cough are spread by coughing, sneezing and unclean **hands**.

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