

Tips For a Healthier Cold & Flu Season

With the beautiful colors of autumn upon us, so too, unfortunately, is the cold and flu season. But there are actions, in addition to the recommended vaccines, you can take to protect yourself and others from experiencing serious outcomes of especially the flu infection. Older people, younger children and people with certain health conditions are at high risk for serious flu complications such as hospitalization and death. The New Jersey Department of Health asks that everyone take steps to try and prevent getting the flu or a cold by adopting these proactive behaviors:

- Wash hands with soap and water frequently.
- Cover coughs and sneezes with your sleeve or a tissue.
- Avoid touching your eyes, nose and mouth.
- Avoid sick people.
- Stay home if you're sick and stay home for at least 24 hours after your fever is gone unless you need medical care.
- Routinely clean and disinfect frequently touched surfaces and objects.
- Practice healthy habits: get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.