

- Influenza / Vaccination

## How to stay free of the flu

Here are some tips to ensure you stay away from the influenza's influence

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Wash your hands like you're washing your sins away.



As we enter the holiday season, it's a time for joy and cheer. But it always pays to play it safe, especially since flu cases appear to be on the rise. Flu is a contagious respiratory illness that can affect anyone, young and old. To stay healthy this Christmas season, here are some tips to combat the flu.

**Get vaccinated**

Prevention is key. Your best defense against the dreaded flu is to make sure you're up-to-speed with your vaccinations. Flu vaccinations have been proven effective in fending off flu-associated illnesses. According to research by the Centers for Disease Control and Prevention (CDC), flu vaccines help prevent, "tens of thousands of hospitalizations each year." It adds that, from 2019 to 2020, flu vaccinations prevented an estimated 100,000 flu-related hospitalizations.

**Always wash your hands**

Wash your hands like you're washing your sins away. Practicing good hand hygiene helps fend the flu away as frequent handwashing removes germs gathered from public spaces. Soap and water remain the top way to keep your hands clean. If soap is unavailable, you can opt for using hand sanitizer.

**Keep your surroundings clean**

Germs thrive in dirty surroundings. To ensure you keep yourself safe from the nasty diseases these germs carry, always clean up after your mess. Disinfect any surfaces using bleach or other disinfectant products available in the market. Never leave spilled liquids or food scraps lying around. Don't forget to practice proper hygiene as well, as keeping your surroundings clean starts with keeping yourself clean.

**Stay hydrated**

Don't wait for your lips to dry up and beg for water before grabbing a drink. Always make sure to stay hydrated to ensure your body's immune system remains strong. It's ideal to keep a water jug on hand to make sure you always have water on hand. Avoid sugary drinks as it will increase your thirst.

**Take vitamins and supplements**

To ensure our body remains at its peak condition, a steady dose of vitamins and supplements can help boost our immune system. Ideally, you'll want a healthy amount of vitamins A, C, D, and E to keep you strong. Of course, above all, consult a health official to see what might work best for you.

**Keep a healthy lifestyle**

Having an active and healthy lifestyle helps keep the immune system strong. By feeding our body greens and exercising daily, we can give our body the proper nutrients it needs. Getting the right amount of sleep is also crucial, as rest allows our body to restore and rejuvenate itself.