

## FIGHT THE FLU

Keep your tissues close and your Vitamin C closer. The flu is spreading fast. The Center for Disease Control and Prevention declared this season's influenza an epidemic as the aches and pains spread across the country. The flu, a respiratory virus, rears its ugly head through a multitude of symptoms including fever, cough, and sore throat, and poses a greater risk to young children and pregnant women. While vaccines prove to be the most effective way to prevent the illness, simple precautionary measures will help also in fighting the flu.

- Wash your hands – It may seem too easy, but washing your hands with soap and water for 15 seconds or longer helps stop germs from spreading. Germs linger everywhere from handrails to tabletops ...so wash your hands. Opt for antibacterial hand sanitizer if you can't always get to soap.
- Eat Healthy – Hopefully fruit and vegetables are part of your family's diet but it's wise to put in a few more nutrients than normal when the flu is running rampant. Make sure you eat at least one piece at every meal in order to keep a steady supply of vitamins running through your veins.
- Go to BED – Your body can't fight sickness as effectively when it's tired; so, during flu season make a conscious effort to have your entire household in bed at a decent hour. While you're resting, your body will recover and rally against any lingering viruses.
- For more information about the flu and prevention visit: [www.cdc.gov/flu](http://www.cdc.gov/flu).

\_\_\_\_\_ (Taken from Coastal Carolina Parent 2/13 – Story by Amy Binkley)