

Health Flash

OCTOBER 2020

Flu Vaccine



Who should get a flu vaccine? EVERYONE 6 MONTHS OR OLDER. The flu vaccine is available for ages 6 months and older. There is a nasal flu vaccine available also. By getting the flu vaccine, it reduces the symptoms of the flu, reduces days missed at work and school. Contact your physician and see what the best option is for you.

Halloween

With Halloween right around the corner, some precautions should be taken with Covid still at risk. Trunk or treating should be avoided. Some other options are available. You can do virtual costume contest, outdoor scavenger hunt, or "scavenger trick-or-treat".



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Weight Control

During the Thanksgiving holidays, we tend to overeat and regret it later. Here are some tips to control our weight during the holiday. Avoiding skin and butter is one. Slowing down and eating slow also helps. Keep the serving dish off the table. It can reduce intake by up to 29%.

Holiday Stress and Depression

There are a few tips to prevent holiday stress and depression. If you have lost a loved one recently, realize it, and take time to cry or express your feelings. Reach out if you feel lonely or isolated. Be realistic, holidays don't have to be perfect. Stick to a budget before you go shopping and stick to it. Seek help if needed. Do not allow the holidays to be something you dread.

