



# FIGHT THE FLU!



Protect yourself and the ones you love.



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Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us

**Get vaccinated**

Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.



**Cover your cough or sneeze**

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

**Fight the FLU**

**It starts with you**



**Wash your hands**

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



**Avoid touching your eyes, nose, and mouth**

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



**Stay home if you are sick**

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

# Eating Well During the Holidays

**At Work:** If you work in an office, get ready for the influx of delicious but possibly “less-than-healthy” goodies. You can choose wisely – cookies without frosting, avoid the sticky sweets, etc. But the best idea is to defend yourself with your own healthy snacks. Fresh fruit or chopped vegetables are crunchy and satisfy many snack cravings, whole wheat crackers with low fat cheese or a piece of string cheese with a thin slice of lean meat wrapped around it are all good snack options. Of course, many of your coworkers might appreciate a platter of fruits or veggies as much as you would!

**Eat Up:** Your body doesn't understand the idea of skipping meals so you can eat a big meal for a holiday dinner or celebration. Your metabolism – how fast your body burns calories – will slow down, your blood sugar may drop and you will probably eat much more than if you had eaten small meals during the day. Also by skipping meals, your body will hold onto some of the fat you've eaten and store it in case you decide to skip another meal or two.

**Party Smart:** Whether it's a sit-down dinner, buffet or a cocktail party, have a hearty, healthy snack before you get there. (Whole grain crackers with low-fat cheese or peanut butter, a piece of fruit and a handful of nuts, etc.) If you have taken the “edge” off of your hunger, chances are you will be able to make better food choices and not eat as much. When we are hungry – everything looks tempting! As far as drinks go – a couple of glasses of wine won't hurt but avoid mixed drinks and definitely skip the eggnog! Seltzer water with a piece of fruit adds bubbles and a nice taste for an alternative to plain water.

And if you overindulge on treats and foods.. be sure to fit in some walking or other exercise. A moderate to brisk walk for 30 minutes a day, five days a week will help keep weight gain down and your energy up!



**Basic First Aid...** Please call for more information on the next class at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.



## Hands-Only CPR, No Excuses

The next Hands-only CPR class is on Thursday, January 24, 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.



The Wakulla County Health Department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. The kiosk and electronic referral system were made possible through a grant sponsored by the Blue Foundation of Florida. There is no charge to use the kiosk.

