



## Get the Facts on the Flu

It is the sad truth... we are quickly approaching peak season for common colds, the flu virus, and respiratory infections. Many of these common illnesses have similar symptoms. This month we are clearing the air on all things related to "the flu".

Influenza, commonly called "the flu", is a contagious respiratory disease caused by viruses. Because viruses have the ability to mutate, or change over time, every flu season is different. The flu can affect people in different ways, and even healthy people can get sick from the flu and spread it to others.

The flu can lead to serious illness, hospitalization and even death. Flu season is fast approaching, so it's important to arm yourself with the facts so you know how best to protect yourself and your loved ones.

## How to Prevent the Flu

There is no sure-fire way to protect you from getting the flu, but the CDC recommends the following:

- Everyone six months and older get an annual flu vaccine: the more people who get vaccinated, the better protected the public is - this is known as "herd immunity". Talk to your health care provider about the flu vaccine to see if it is recommended for you.
- Try to avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue if you cough or sneeze.
- After using the tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and warm water.
- Don't touch your eyes, nose and mouth - germs spread this way.
- Clean/disinfect surfaces that may be contaminated with germs.
- Stay home if you are sick to prevent spreading illness to others.

## Your Flu IQ

### Is the Flu Vaccine Safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of flu vaccines.

### Can I get the flu from the flu vaccine?

No. The flu vaccines contain either inactivated virus, meaning it is no longer contagious, or a particle designed to look like a flu virus to your immune system. Nasal spray flu vaccines do contain the live virus, but they have been changed so that they cannot give you the flu.



### Do flu vaccines cause any side effects?

Like any medical product, vaccines can cause side effects. Flu vaccine side effects are usually mild and go away on their own within a few days. They can include: Soreness, redness, and/or swelling from the shot.

### Should I get a flu shot if I am pregnant?

Yes, pregnant women should get a flu shot to protect themselves and their developing babies.

### Can I still get the flu if I get a flu shot?

Yes. There are many strains of flu virus. The vaccine targets three or four strains, depending on the one you receive. It is possible to get sick with a strain not included in the vaccine.

### When is the best time to get a flu shot?

The CDC recommends that people get the flu vaccine by the end of October every year. It takes about two weeks for your body to build antibodies against flu, so it is best to get your shot before flu begins circulating in your community.

### When is considered too late to get vaccinated?

As long as the flu is circulating in your community, it is not too late to get a flu shot. Peak flu outbreak is usually December - March, but can last through May.

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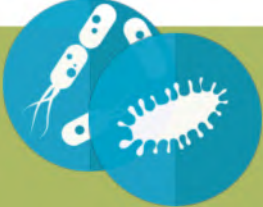

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# BACTERIA VS VIRUS

 <h2>BACTERIA</h2> <ul style="list-style-type: none"> <li>· STREP A</li> <li>· IMPETIGO</li> <li>· EAR INFECTIONS</li> <li>· UTI</li> </ul> <p>ANTIBIOTICS? <b>YES</b></p>	 <h2>BOTH</h2> <ul style="list-style-type: none"> <li>· BRONCHITIS</li> <li>· EAR INFECTION</li> <li>· SINUS INFECTION</li> </ul> <p>ANTIBIOTICS? <b>MAYBE</b></p>	 <h2>VIRUS</h2> <ul style="list-style-type: none"> <li>· COMMON COLD</li> <li>· SORE THROAT</li> <li>· FLU</li> <li>· GASTROENTERITIS (STOMACH BUG)</li> </ul> <p>ANTIBIOTICS? <b>NO</b></p>
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Not sure which one is bugging you down? Don't wait, call your clinic today.

**1-888-492-8722**



## HEALTHY RECIPE

Switch up your smoothie routine by combining sweet banana and spinach together in a delicious green smoothie bowl.

**Course:** Breakfast      **Servings:** 1 smoothie      **Calories:** 325 kcal

### ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Protein Powder of your choice
- 1 cup raw spinach
- ¼ large banana cut into thick slices
- 1 medium kiwi peeled, cut into thick slices
- 2 Tbsp. unsweetened shredded coconut

### instructions

1. Place almond milk, Vanilla Protein, spinach, and ice in blender; cover. Blend until smooth.
2. Place smoothie in a medium bowl. Top with banana, kiwi, and coconut; serve immediately.

