

12 WAYS TO AVOID THE FLU
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I thought now would be the best time of the year to sum up 12 ways to avoid the flu. Here's to a Healthy and Happy Holiday Season!

On the 12th Day of Flu Season my Home Health & Hospice Nurse said to me:

- Wash your hands often!□**
- Sneeze or cough into your elbow or upper arm!"**
- If you get sick with the flu stay home from social gatherings!"**
- Avoid close contact with people who are sick!"**
- Try not to touch your eyes, nose or mouth!"**
- Wash hands often when preparing a meal!□**
- Eat a well balanced diet!□**
- Get plenty of rest!!!!!!!!!!!!□**
- Give up those cigarettes!□**
- Try to be more positive!□**
- Get a flu shot!□**
- and**
- Follow your exercise program!□**

Anyone who would like to make a suggestion on a safety and/or health related article they would like to read in 2008 may contact me via e-mail at jeremiah@hoosieruplands.org or by sending a letter to: Melissa Jeremiah, RN, CHCE

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