

2011 Flu Season

The Flu Season is almost here, so this is the time to protect yourself by getting vaccinated and by following the guidelines below.

The JIB Medical Department will begin administering flu vaccine on Monday October 3, 2011. The earlier you get vaccinated against this season's strains of influenza, the longer you are protected, so call the Medical Department at extension 2014 to make an appointment for yourself and your dependents now.

Following these guidelines will help you stay healthy and avoid colds and flu during this winter season:

Wash Your Hands

The influenza virus can live for up to 48 hours on surfaces such as door knobs, gas pumps, shopping cart handles and ATM machines. To help prevent transmitting the virus to yourself, wash your hands with hot, soapy water frequently. To be sure you're really washing away the potential viruses and bacteria you've come in contact with, use hot water and really scrub your hands for at least 60 seconds. If you can not wash, an alcohol-based hand sanitizer works well. Also, try to notice and stop yourself when you're about to rub your eyes or nose.

Cover Up

Cover your nose and mouth with a tissue when you sneeze or cough, then dispose of the tissue properly. If you don't have a tissue handy, sneeze or cough into the crook of your elbow, not into your hands. Be aware of persons around you and stay far way from those who are coughing or sneezing.

Eat Well

To help stay healthy this winter, make sure you get at least three servings of vegetables each day, and two servings of fresh fruit. In addition, opt for whole grains when you can.

Get Plenty of Sleep

To make sure your body is fully capable of fighting off illnesses this winter, create a consistent bedtime routine. This should include going to bed at the same time each night so that your body learns to anticipate sleep.