

2010 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 the flu vaccine on Monday September 13, 2010. The earlier you get vaccinated against this season's strains of influenza (which include seasonal and 2009 H1N1 influenza A strains combined into one vaccine), 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

Wash your hands with hot, soapy water every time you use the bathroom and before every meal. 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.

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, and make sure you're taking in at least two servings of milk or yogurt each day.

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.

Take a Multi-Vitamin

This simple daily step can play an important role in keeping your body healthy. Get into the habit of taking a once-daily multi-vitamin.