



October 2007

Healthy Habits....Help Avoid the Flu!

The flu can cause mild to severe illness and at times can lead to death. Although most healthy people recover from the flu without complications, some people, such as older people, young children, and people with certain health conditions, are at high risk for serious complications from the flu.

The single best way to prevent the flu is to get vaccinated each year, but good health habits and antiviral medications are other measures that can help protect against the flu.

- Avoid close contact with people who are sick.
- Avoid close contact with people when you are sick. Stay home if possible.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands thoroughly and often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits to strengthen your immune system.
 - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you get the flu, get plenty of rest, drink lots of liquids, and avoid using alcohol and tobacco. Also, you can take medicines such as acetaminophen to relieve the fever and muscle aches associated with the flu. (Never give aspirin to anyone younger than age 19).

-Centers for Disease Control and Prevention

Registered nurses are available 24 hours a day through the Capital BlueCross Nurse Line. Call Nurse Line toll-free at **1-800-452-BLUE** to learn more about preventing and treating the flu.

Log on to www.capbluecross.com and select Wellness Programs under Members. Click on Nurse Line for information about the flu – and much more. Read interesting articles, news stories, and Q&As; or participate in online discussion groups. You can also use the interactive health assessment tools. Simply log on to www.capbluecross.com.

A Focus on My Community

Did you know that wellness not only involves your physical health, but many other factors as well? Getting involved with your community increases your social, mental, environmental, and spiritual health. All of these pieces help to make a healthier you!

October is Domestic Violence Awareness Month

Did you know that reports from police records, victim services, and academic studies show domestic violence exists equally in every socioeconomic group, regardless of race or culture? During the month of October educate yourself about Domestic Violence by visiting www.usda.gov/da/shmd/aware.htm.