



Combating the Flu Season: Tips and Tricks to Stay Healthy

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Flu season has returned, and with it comes a household full of sneezing and coughing, the stress of missing work, and just a general ick. With Influenza being such a contagious disease, it can feel like it's almost impossible to avoid at this time of year. However, there are some tricks that can help you stay healthy in these colder months and achieve a speedy recovery.

Preventative Measures

There are quite a few ways you can help your family avoid getting the flu this season:

1. **Avoid close contact-** If you know anyone that may be sick, it is best to keep some distance between yourselves. The flu is highly contagious, and avoiding close contact can help prevent contraction of the illness.
2. **Cover your mouth and nose-** Whenever you feel the need to cough or sneeze, just remember what your teacher told you back in grade school: cover your mouth! By sneezing or coughing into the pit of your elbow, you can help prevent spreading the illness.
3. **Wash your hands-** If Covid-19 taught us anything, it's the importance of washing your hands. By using the "happy birthday" method (washing for the length of two songs), you can prevent the spread of bacteria that can cause yourself or others to get sick.

4. **Get a flu vaccine-** Getting the yearly recommended flu vaccine is one of the most important steps to preventing the flu, especially for high risk individuals, such as young children and pregnant people, [according to the CDC](#).



Healthy Habits

Adding a few healthy habits to your daily routine can significantly improve your chances of staying healthy this flu season.

1. **Clean and disinfect frequently-** Germs can spread through virtually anything we come into contact with. By cleaning your counters, doorknobs, and objects you frequently use with products like [GOJO's Surface Wipes](#), you can prevent the spread of these germs.
2. **Flu fighting foods-** Eating nutritious foods with Vitamins C and D, such as oranges and mushrooms can help boost your immune system.
3. **Drink plenty of fluids-** staying hydrated is always a great way to keep your body healthy.
4. **Get plenty of sleep and avoid stress-** [Mayo Clinic](#) states that research demonstrates that lack of sleep and increased stress contribute to illness and overall poor health, so be sure to get seven to nine hours of sleep and stay active to help reduce stress.

Recovery methods

While many of the habits listed above can be great ways to help fight off the flu, there are a few other options when it comes to recovery. [According to the CDC](#), you can take Flu antiviral drugs if your doctor prescribes them. These drugs can make flu symptoms milder as well as quicken your recovery time. You can also take over-the-counter medications such as Tylenol or Ibuprofen to help manage fever and other flu symptoms.

Be prepared this flu season by using these tips and tricks to stay happy and healthy during the holidays.