

Staying Well Through the Cold & Flu Season



With the cold and flu season approaching, the most effective prevention is frequent hand washing. If you begin to show symptoms, take steps to alleviate discomfort and hasten recovery:

- Allow a moderate fever to help germ-killing proteins circulate in your blood.
- Avoid decongestants initially. Allow a cough to clear thick mucus.
- Use mentholated salve under your nose, if your nose feels tender.
- Use a syringe to rinse a stuffy nose with a mixture of $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp baking soda, and 8 ounces of warm water.
- Take a warm, steamy shower to moisten nasal passages.
- Use hot and cold packs on sinuses to relieve pressure.
- Use an extra pillow while sleeping to help open nasal passages.
- Eat foods like warm soup, bananas, rice, tea, and dry toast.

If your symptoms do not improve within a few days or worsen, call your doctor.

MEDICAL CENTER

NAME all employees

DATE October 2012

Rx

- ✓ Stay warm and rested
- ✓ Drink plenty of clear fluids
- ✓ Gargle with warm saltwater for a sore throat
- ✓ Don't forget your flu shot!

dr. la well
SIGNATURE



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

OCTOBER 2012



Fernando Medina
Physician's Assistant

"To stay healthy all season long, follow the advice provided above for preventing and managing colds and flu. It's straight from your medical provider's desk!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Site-Wide Preventive Health Challenge - Start	2 Weight Loss Convoy	3 Weight Loss Convoy ALUMNI Meeting International Walk to School Day	4	5 Hanford WorkFit Leader Training	6
7	8 Columbus Day	9 Weight Loss Convoy	10 World Mental Health Day	11 Site-Wide Health Fairs	12	13
14	15	16 Weight Loss Convoy	17	18	19 National Mammography Day	20 World Osteoporosis Day
21	22	23 Weight Loss Convoy	24	25	26	27 Make A Difference Day
28	29	30 Weight Loss Convoy	31 Halloween	Eat Better, Eat Together Month National Breast Cancer Awareness Month National Dental Hygiene Month Site-Wide Preventive Health Challenge 10.1.12 - 11.8.12 www.amhchallengetracker.com Flu Clinics—visit our website for a schedule Flu Clinic Hotline: 376-1000		

InsideOut Newsletter: www.hanford.gov/page.cfm/newsletter

Service Spotlight: Flu Clinics We offer convenient worksite flu clinics where Hanford workers can get immunized against the flu. With several locations across the Site, workers have easy access to flu shots at no cost to the employee. Visit our website for more information on the 2012 Flu Clinic Schedule, or call the Flu Hotline at 376-1000.

- Health Observance
- Class or Event
- Holiday
- Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____