

AMH

InsideOut

Colds, Influenza & Immunization

by L.B. Sandy Rock, MD, MPH—AMH Risk Communicator

Here we go again: colds and flu season is just around the corner. Viruses—those little bundles of genetic material that lurk on our hands, under our nails, in our noses and just about anywhere we don't want them to be—are on the attack. Why this time of year? It turns out viruses that cause influenza (and probably colds) live longer in cool environments—in the air, on surfaces, and elsewhere. That's why we see so many people getting sick in the colder months—that and the crowding inside where the air isn't as fresh and the proximity to other people increases. Coughs, sneezes and hand-to-hand (direct or indirect) contact spread the viruses.

So what can you do to stay healthy this cold and flu season? To avoid getting influenza (AKA "the flu")—a serious viral lung infection that kills on average more than 36,000 people in the U.S. every year—GET YOUR FLU SHOT! For protection from flu AND colds—those relatively mild nose and throat viral illnesses—stay away from those who are sick. Encourage policies and practices that allow people to stay home when they are sick, particularly during the first two days of a viral illness when it's most contagious. Follow the flu season rule: "Stay at home, cover your cough, wash your hands." Avoid coughs and sneezes directed your way, over the cubicle wall, in the hallways, at meetings. And, probably most important: wash your hands, use alcohol-based hand sanitizer, and try not to touch anything that others have touched. If you do, avoid

touching your face, and wash your hands as soon as possible or use the hand sanitizer as a temporary means of prevention. (There is NO substitute, though, for a good handwashing, done correctly.)

What else can you do? Well, as you've heard many times before: get plenty of sleep, eat healthily, drink plenty of water every day, get age-appropriate check-ups, exercise, do whatever it takes to reduce stress, avoid or minimize alcohol intake, and don't smoke! With dozens of questionable cold and flu products on the market, it is tempting to grab one that has the most convincing TV commercial. The simplest measures are the most effective: rest; increased fluid intake (water or broth); steam inhalation or Neti Pot; something for fever, aches and pains; and/or topical nasal decongestant (nose spray with oxymetazoline).

A word about antibiotics. Viruses are NOT bacteria. Bacteria cause a variety of secondary infections following colds and flu (sinusitis or pneumonia, for example), and antibiotics work against bacteria, not against viruses. Unless your healthcare professional tells you that you've developed a secondary bacterial infection on top of the cold or flu, there's no use for antibiotics. In fact, they can be dangerous: resistant bacteria can develop or allergic reactions can occur.

AMH's flu immunization clinics begin October 25. This year's vaccine includes protection against the H1N1 flu virus. This virus, as we saw in last year's pan-

dem, attacks younger people more than the usual flu viruses do, so

it is all the more important for Hanford workers to get their flu shot this year. The CDC has [recommended](#) that all people over six months of age be immunized. For those over 65, this is the first year that a high-dose flu vaccine is available; although AMH will not be providing it at the flu clinics, it is available at the usual locations—pharmacies, healthcare providers' offices, and the public health clinics. Consult your healthcare professional for advice. It is worth mentioning here that flu shots do not and cannot cause illness. Getting your flu shot helps prevent others at home and at work from getting the flu, also. Immunizations, including and especially influenza, are among the most important and effective public health measures developed in the last 100 years. Many, many millions of illnesses have been prevented and lives saved thanks to immunizations. They are among the most effective, efficient and sensible means of protection against a variety of infectious diseases. **Be wise: IMMUNIZE!**



Invite AMH to be a guest at your next work group meeting.

OCTOBER FEATURED PRESENTATION:
"COLDS AND FLU: HOW TO STAY WELL—WHAT WORKS, WHAT DOESN'T, WHAT MAKES IT WORSE."

FOR PRESENTATION INFORMATION CONTACT:
372-0407 OR SANDY_ROCK@RL.GOV



FOOD FOR LIFE DEMO

AMH Health Education Services is hosting Nancy Lyons, from the Cancer Project, who will be providing a *Food for Life* nutrition and cooking class on **October 26th from 2-4pm, at WSU Tri-Cities, CIC room 120/120A.**

In this class, you will learn about the right food choices that can help reduce the risk of developing cancer as well as overcoming the disease after it has been diagnosed. Space is limited.

Please **call AMH Health Education at 376-3939 to RSVP.**

WATCH FOR UPCOMING EVENTS WITH AMH

October

[Weight Loss Convoy \(ongoing\)](#)

[Site-Health Fairs \(14th\)](#)

[Potpourri of Important Public and Hanford Health](#)

[Issues - Presentation at HAMMER \(8th\)](#)

November

[Weight Loss Convoy \(ongoing\)](#)

[Site-Health Fairs \(11th\)](#)

[Risk Communication: When, Why and How -](#)

[Presentation at Hammer \(5th\)](#)

Select a link or visit our website: www.hanford.gov/amh

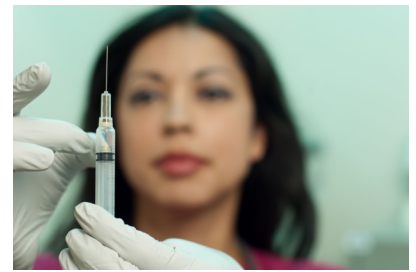


2010 AdvanceMed Hanford Seasonal Flu Clinic Schedule

VACCINE INCLUDES PROTECTION AGAINST 2009 H1N1 (SWINE) FLU

Date	Wkday	Time	Location
25-Oct	Monday	9:00 AM - 3:00 PM	Battelle Auditorium
26-Oct	Tuesday	9:00 AM - 3:00 PM	200 East, 2101M Cosmos/ Bijou Rm
27-Oct	Wednesday	8:00 AM - 2:00 PM	Stevens Ctr, 2440 Stevens Bldg, Conf. Rm 1200
28-Oct	Thursday	7:00 AM - 10:00 AM	100K, MO 500, Conf. Rm East
28-Oct	Thursday	11:00 AM - 2:00 PM	200 East, MO 511
1-Nov	Monday	7:30 AM - 1:00 PM	Federal Building , 825 Jadwin Ave., Rm 142—Conf. Rm 152
1-Nov	Monday	2:00 PM - 4:00 PM	2620 Fermi, Conf. Rm D109
2-Nov	Tuesday	8:00 AM - 2:30 PM	200 East, 2704 HV, Rm G108
3-Nov	Wednesday	8:00 AM - 12:00 PM	200 West, PFP, MO 250
3-Nov	Wednesday	1:30 PM - 3:30 PM	200 West, T Plant, MO 892
4-Nov	Thursday	8:00 AM - 12:00 PM	300 Area, 3760 Bldg., Conf. Rm 101A
4-Nov	Thursday	1:00 PM - 4:00 PM	200 West, MO 278, Conf. Rm A113
8-Nov	Monday	7:30 AM - 10:30 AM	200 West, MO 648 (222 S Lab Area)
8-Nov	Monday	12:00 PM - 3:30 PM	1200 Jadwin B1
9-Nov	Tuesday	7:00 AM - 10:30 AM	200 West, MO 2156 (near 272WA)
9-Nov	Tuesday	11:30 AM - 2:00 PM	HAMMER, Administration Bldg, Rm 29
10-Nov	Wednesday	8:00 AM - 2:00 PM	EMSL, 3335 Q Ave., Bldg. # 3350, Conf. Rm 1075/1077
11-Nov	Thursday	7:30 AM - 9:00 AM	100N, 1103N Bldg, Conf. Rm A/B
11-Nov	Thursday	10:30 AM - 2:00 PM	200 West, WRAP Facility, MO 2740, Conf. Rm
15-Nov	Monday	10:00 AM - 2:00 PM	200 East, 2750 E. Conf. Rm B101
16-Nov	Tuesday	10:00 AM - 2:00 PM	Battelle Auditorium

No Cost to YOU!



AMH ANNOUNCES THE 2010 PREVENTIVE HEALTH AND IMMUNIZATION CHALLENGE

To help you stay well this year, AMH has organized the Preventive Health & Immunization Challenge. It will run from October 11—November 11, 2010. To learn more or to join the challenge, visit the [AMH Health Challenge Tracker](http://www.amhchallenge tracker.com) at www.amhchallenge tracker.com. You will earn points for getting your flu shot, taking daily preventive measures to stay healthy, and being up-to-date on your medical exams. Those who earn 100 points will be eligible to win a personal blood pressure monitor. **It's your health, own it!**



OCTOBER IS BREAST CANCER AWARENESS MONTH

For a presentation or more information call AMH Health Education at 376-3939.

SHOTS WILL BE AVAILABLE FOR SHIFT WORKERS AT 200W

Oct. 25—Nov. 16, 2010: Monday-Friday - 5:00 pm—10:00 pm, Saturday and Sunday - 8:00 am—2:00 pm

DIRECTIONS TO LOCATIONS: www.hanford.gov/AMH FLU HOTLINE: (509) 376-1000

Healthy Recipes

Roasted Pumpkin Seeds

Serves 6

Ingredients:

- 1 1/2 cups raw whole pumpkin seeds
- 1/2 tablespoon butter, melted
- 1 pinch salt

Preparation:

Preheat oven to 300 degrees F (150 degrees C). Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



Some Flavor Combinations for Gourmet Pumpkin Seed Snacks

Italian Style Pumpkin Seeds -- Italian Seasoning Blend, Parmesan Cheese, Olive Oil, Salt and Pepper

Pumpkin Pie Pumpkin Seeds -- Cinnamon, Ground Ginger and Pinch of Nutmeg, Butter

Greek Syle -- Lemon Pepper Seasoning Blend, Oregano, Salt, Olive Oil

Buffalo Wings Pumpkin Seeds -- Butter, Tabasco Sauce, Salt

PER SERVING: (1/4 CUP)

Calories	79.8
Total Fat	4.1
Saturated Fat	1.2 g
Cholesterol	3.4 mg
Sodium	77mg
Carbohydrate	8.6 g
Dietary fiber	.6 g
Protein	3 g
Potassium	147.4 mg

For more: [Healthy Recipes](#)