

Three Steps to Avoid the Flu



Flu season is here, and flu infections are likely to tick upward soon. But you can take action to protect yourself and your family from this virus. And in the midst of COVID, it's more important than ever to avoid contracting and spreading a serious respiratory illness.

Keep these flu-fighting tips in mind to protect your family this year.

1. Get your flu shot.

Wearing a mask and other COVID safety measures are no substitute for getting your flu shot. The flu vaccine gets your body ready to fight the virus before you've been infected. So while you might still get the flu, your symptoms will likely be less severe and your recovery time shorter. If you have young children, older parents, or live with someone with chronic health issues, getting the flu shot protects them as well as you. So visit your local Centra Care for your flu vaccination today.

2. Wash your hands.

Soap and hand sanitizer are great tools for preventing the flu. Wash your hands often, scrubbing a full 30 seconds with soap. If soap and water aren't available, reach for alcohol-based sanitizer or hand wipes. Remember the flu virus can live on surfaces for days, so it's also a good idea to frequently clean and disinfect high-touch areas in your home. These may include doorknobs, sink faucets and knobs, light switches, phones, computer keyboards, table surfaces, kitchen and bathroom counters, TV and game controls, and toys.

3. Don't wait to see your doctor.

Antivirals can ramp up your body's ability to fight back when you've come down with the flu. This medication is only available by prescription, and it's most effective if taken early — within two days of getting sick. Even if started later, antivirals may ease your symptoms, so visit your neighborhood Centra Care as soon as you start to feel under the weather.

Learn more about flu season during COVID at FluAnswers.com.


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