

Safety Tip

Date: November 23, 2017

Seasonal flu prevention tips

Change of season is known for the dreaded scene of red noses and the flowing river of tissue papers! If flu tagged you, expect co-workers and family to be avoiding your contact and the contact of things you touch for a number of days since no one wants to catch a bit of flu.

Winter season is, when Influenza virus has the habit of running like a clockwork, helped by the colder drier weather and transmitted through a variety of ways including sneezing and the lack of hygiene.

Why is the flu seasonal?

It was recently discovered by the scientists that why the influenza virus is seasonal. Flu viruses are more stable in cold air, and low humidity also helps the virus particles remain in the air. That is because the viruses float in the air in little respiratory droplets.



Tips to prevent flu this season



Get vaccinated

The best way to prevent seasonal flu is to get vaccinated each year. The annual flu vaccine can help reduce the risk of catching a flu.



Improve your immune system

Increase your vitamin C & D intake by eating more leafy greens, oranges, tomatoes, fish, mushrooms and cheese. Both vitamins greatly improve your body's immune system and its ability to fight against the seasonal flu.



Get the hygiene, your body deserves

Wash your hands with warm water more often than you do now. Influenza virus does not function well in wet environments. If soap is not available, use alcohol-based sanitizers.



Turn up the heat

Flu's ability to be transmitted is enhanced in colder temperatures. Adding a number of degrees to your air conditioner at home and work translates to a much lower chance of getting the flu.

Source: Open

Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.