



## CDC Says “Take 3” Actions to Fight the Flu

Flu is a serious contagious disease that can lead to hospitalization and even death. The Centers for Disease Control and Prevention (CDC) urges you to take the following actions to protect yourself and others from influenza (the flu):

### 1 Take Time to Get a Flu Vaccine

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggests will be most common.
- Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.



### 2 Take Everyday Preventative Actions to Stop the Spread of Germs

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities (Your fever should be gone without the use of a fever-reducing medicine).
- While sick, limit contact with others as much as possible to keep from infecting them.

### 3 Take Flu Antiviral Drugs if Your Doctor Prescribes Them

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

## Smoky Mustard-Maple Salmon

It doesn't get much easier – or more delicious – than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

### Ingredients

Makes 4 servings

- 3 Tbsp whole-grain or Dijon mustard
- 1 Tbsp pure maple syrup
- 1/4 tsp smoked paprika or ground chipotle pepper
- 1/4 tsp freshly ground pepper
- 1/8 tsp salt
- 4 4-oz. skinless, center-cut, wild-caught salmon fillets

### Preparation

Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through (approximately 8-12 minutes).



### Nutrition Facts

Per serving

148 calories; 4g fat (1g saturated, 2g monounsaturated); 53mg cholesterol; 4g carbohydrate; 3g added sugars; 23g protein; 0g fiber; 276mg sodium; 434 potassium

**Nutrition bonus: Omega-3 fatty acids**



## DON'T FORGET!

### Fall 2012 Flu & Tdap Vaccination Clinic

**Date:** Thursday, October 11, 2012

**Time:** 1:00pm - 4:00pm (Vaccinations will be offered on a first-come, first-served basis)

**Location:** The Board Room (A-Building)

**For more information, visit:**

[www.columbiabasin.edu/vaccinationclinic](http://www.columbiabasin.edu/vaccinationclinic).

## Handwashing: Clean Hands Save Lives

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Source(s): <http://www.cdc.gov/flu/protect/preventing.htm>; <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/SmokyMustard-MapleSalmon.pdf>; <http://www.cdc.gov/handwashing/>