



Wellness News Network™

Your Source for Health & Wellness Information

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Spread joy, not germs: stay healthy after the holiday's

Presented by:

Now that the season of fun holiday get-togethers is over, it's time for the not-so-joyful germs.



With seasonal illness circulating, remember to protect your health and prevent illness.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or cough-ing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.



Clean your hands: Using soap and warm water wash your hands thoroughly and often, including after coughing, sneez-ing, using tissues or the wash-room, and before eating or preparing food. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Clean or dirty: always try to keep your hands and fingers away from your eyes, nose and mouth.



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Stay home if you are sick: If you're experiencing illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare or any social function. Please also do not visit family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered. Mind your food prep: If you are sick, do not prepare food for anyone, until fully recovered.



Fever

Around the house: Keep household surfaces clean, using a household cleaner. Think creatively when hosting gatherings: put a bowl on a hand sanitizer pump and leave it out for guests to use; choose pre-wrapped candies or single serve food items instead of offering bowls of unwrapped snacks to all.



Year-round: Keep yourself in good health by covering the basics: get enough rest, eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly.



Quote to Inspire

*The first wealth
is health.*

*- Ralph Waldo
Emerson*

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