SUMMIT ESC's WELLNESS PROGRAM
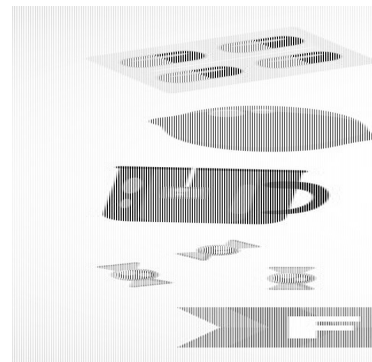
Energize, Socialize, Come Alive!

December 2019

In This Issue...

- December Focus- Influenza
- Healthy Habits to Prevent the Flu
- Hand-washing
- Staying Healthy at Work
- Healthy Immune-Boosting Recipes

●●●

Influenza

Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting. Initially, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu.

Common signs and symptoms of the flu include:

- Fever over 100.4 F (38 C)
- Aching muscles
- Chills and sweats
- Headache
- Dry, persistent cough
- Fatigue and weakness
- Nasal congestion
- Sore throat

Click here for information on the causes, complications, and risk factors of the flu.

Adapted from mayoclinic.org

Healthy Habits to Help Prevent Flu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

1. Get Vaccinated
2. Take Everyday Precautions:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, 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 for 24 hours without the use of a fever-reducing medicine.)
- 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.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Adapted from cdc.gov

Show Me the Science - Why Wash Your Hands?

Keeping hands clean 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.

How germs get onto hands and make people sick

Feces (poop) from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea, and it can spread some respiratory infections like adenovirus and hand-foot-mouth disease. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs. Germs can also get onto hands if people touch any object that has germs on it because someone coughed or sneezed on it or was touched by some other contaminated object. When these germs get onto hands and are not washed off, they can be passed from person to person and make people sick.

Washing hands prevents illnesses and spread of infections to others

Hand washing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through hand washing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Hand washing helps battle the rise in antibiotic resistance

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Hand washing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds) 2, 5. Antibiotics often are prescribed unnecessarily for these health issues 14. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Hand washing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

Click here for information on proper hand washing techniques.
Click here for information on when it is appropriate to use hand sanitizer.

Adapted from CDC.gov

● ● ●

Ways to Stay Healthy at Work

Eat sensibly
Most office goers complain that they find it difficult to eat healthy and sensibly and hold their waning willpower responsible for it. While it is true that we imperatively munch on junk food or sample calorific treats brought to the office by colleagues, it is important to exercise self-control. Moderation is key. You do not need to completely forget about junk food; just limit its consumption. Furthermore, pay attention to what you eat for your main meals. Eat a good, filling breakfast in the morning. Lunch on salads and fruits, and avoid unhealthy, greasy food. As much as possible, avoid

eating lunch at your office desk. Leaving the office for a while will prevent you from overeating and provide you with a short break. Stay away from indulging in afternoon snacks, such as chips and chocolates, as that will spell trouble. Also, maintain a healthy eating schedule in the evenings. Snack on healthy alternatives, such as fruits, nuts, granola bars or healthy smoothies, which will keep you feeling satisfied without giving you the sluggish feeling that you get from eating junk food.

Drink plenty of water

Being immersed in work means losing track of how much water you're drinking in a day. However, it's crucial that you drink enough to stay hydrated and active. Dehydration can cause ill effects, such as drowsiness and sluggishness. It is always a good idea for an adult to drink between six and eight glasses of water everyday. Depending on your level of physical activity and the climate in your region, you may need to consume more. Eating fresh, juicy fruits is a great way to beat dehydration and hunger pangs.

Restrict your caffeine intake

Many office dwellers may find it absolutely impossible to get through their day without consuming caffeinated beverages. This is okay as long as you practice moderation. Try to curb your caffeine consumption to one cup of coffee every morning to prevent a caffeine crash later in the day. Also, you can omit the use of sugar and cream in your coffee, and cut those calories.

Maintain good posture

Maintaining good posture all day requires conscious effort. Most employees, who use computers, stare into their screen for hours and slowly get drawn into it. This means they stretch their neck forward, which puts pressure on the neck and the spine. This can be avoided with the help of certain desk exercises. The most popular one entails chin retractions - or making a fake double chin -- to support the neck and upper back.

Take frequent breaks

We always want to finish our work so we can get out of the office on time. However, this does not mean that you should sit at your work station for hours at a stretch and not allow yourself a break. You may think that taking a break will waste your time, but taking a break can actually be productive. Not taking a break from work can make you mentally lethargic, and reduce your creativity. Make it a point to get away from your desk every now and again for a few minutes. The idea is to take a break; rejuvenate; and be more productive.

Click here for more information on why taking a lunch break is so important.

Keep your workstation clean

It is extremely important to keep your workstation clean and orderly. Tidy it up five minutes before leaving for the day so that you return to a neat workspace the next morning. Keep sanitizing wipes handy, and use them to wipe the surface of your desk often.

Be hygienic

Being hygienic goes a long way in keeping you healthy. You can take the necessary steps at work too. Keep a bottle of hand sanitizer at your desk. When at work, it may not always be possible to step away from your desk every time you want to wash your hands. But with your hand sanitizer close, you can deal with situations that

involve you coughing or sneezing, and stay healthy and germ-free.

Avoid mingling with sick employees
This one is common sense but nonetheless important. Avoid close contact with employees, who may be sick or show symptoms of communicable disease. Wash your hands if you've been around their workstation. Also, let office management know about the sick employee, if they aren't already aware. If you're sick, it's best to stay home and recuperate so that you do not end up spreading the infection to others.

Learn to manage stress
Most of us lead hectic lives that can get to us from time to time. Juggling several roles and responsibilities on a daily basis can leave us exhausted, which is normal. After all, we're only human. However, we can make it easier on ourselves by learning to manage stress. One great way to beat stress? Do enjoyable things. This can include spending time with family or friends, watching movies, reading books and going to the gym or the spa. The idea is to relax your mind by taking care yourself and achieving a healthy balance.

Click here more way to de-stress while at work.

Adapted from entrepreneur.com

● ● ●

Immune-Boosting Recipes

- **Breakfast Parfait**
- **Apple Oatmeal**
- **Tutti-Frutti Muesli**
- **Asian-Inspired Chicken Soup**
- **Autumn Chicken Stew**
- **Green Tea Smoothie**
- **Chili**
- **Smoky Black Bean Soup**
- **Black Bean Quesadillas**
- **Skillet Chicken with Cranberries & Apples**
- **Grilled Salmon with Tomatoes & Basil**
- **Avocado Salad**
- **Lemon Soy Edamame Barley Bowl**