

The Well

December 2019
Provided by Greenbush Health

Fighting the flu calls for common sense and getting vaccinated

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits can also help stop the spread of germs and prevent the flu. Follow these everyday tips:

- **Avoid close contact** with people who are sick. Keep your distance from others when you are sick, too. That means no work, school or running errands if you aren't feeling well.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. The flu is spread by cough, sneezing, or unclean hands.
- **Clean your hands.** And do it often. If soap and water are not available, use an alcohol-based hand rub.
- **Don't touch** your eyes, nose and mouth. Germs spread this way.
- **Clean and disinfect** surfaces and objects that may be contaminated with germs.

Did you know?

- Everyone six months of age and older should get a flu vaccine every year before flu season begins.
- Flu vaccination significantly reduces a child's risk of dying from the illness.
- Even if you get sick after vaccination, your illness may be milder.
- When you have the flu, you should stay home for at least 24 hours after your fever is gone
- Young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older are at high risk of serious flu complications — and should get vaccinated.
- It's not too late! Even though CDC recommends getting vaccinated by the end of October, you can still get a shot to reduce your risk of getting the flu today.

For more information visit:

[cdc.gov/FightFlu](https://www.cdc.gov/FightFlu)



How safe is that toy?

Safety recalls never expire, so if you buy children's products at thrift stores or yard sales, remember to check product recall lists at [cpsc.gov/Recalls](https://www.cpsc.gov/Recalls).

Let's all lather up!

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine." But are you doing it the right way? Just remember these five easy steps:

1. Wet your hands using warm or cold running water
2. Lather with soap (don't forget backs of your hands, between your fingers and under your nails)
3. Scrub for at least 20 seconds (Humming the "Happy Birthday" song from beginning to end twice is all the timer you need)
4. Rinse your hands well under clean, running water
5. Dry your hands using a clean towel or air dry them



To prevent the spread of germs: wash your hands when they are dirty and before eating, after using the toilet or changing diapers, and before and after treating a cut. Also, do not cough or sneeze into hands — and don't put your fingers in your eyes, nose or mouth.

**National Handwashing Week
is December 1 – 7, 2019**

Learn more at:

[cdc.gov](https://www.cdc.gov)

A quick and easy dish for holiday potlucks!

Roasted Beets with Orange Sauce

This colorful side dish comes alive with orange flavor and packs a potassium punch.

Makes: 4 servings

Ingredients

- 1 1/2 pound small beets, leaves trimmed, each peeled and cut into four chunks
- 1 teaspoon olive oil
- 1 orange, rinsed (for peel and juice)
- 1/2 teaspoon anise seeds (optional)

Instructions

1. Preheat oven to 450 degrees. Cover baking sheet with aluminum foil for easy cleanup.
2. In a medium bowl, toss beets with olive oil until well coated.
3. Spread beets on baking sheet in a single layer.
4. Bake 30 – 40 minutes. When done, beets should be easily pierced with a sharp knife.
5. While beets bake, grate zest from the orange into a small bowl. Cut orange in half and squeeze the juice (about 1/2 cup) into the same bowl. (Use a large spoon to press the inside of the orange to extract more juice.) Add anise seeds (optional). Set aside.
6. When the beets are tender, return them to the tossing bowl. Pour the juice mixture over the beets. Mix well to coat and serve.

Nutrition Information	
Serving Size: 1 cup	
Calories	59
Total fat	0 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	88 mg
Total Carbohydrates	12 g
Dietary Fiber	4 g
Protein	2 g
Potassium	387 mg