

Wellness Tip! (December 2014)



On average, between 5 and 20 percent of the U.S. population will get the flu during the annual cold and flu season — which typically runs from November to April. Each year, between 3,000 and 49,000 people in the United States die from flu-related issues. Cold and flu viruses are often passed between people and along surfaces in the workplace. According to the Centers for Disease Control (CDC), people are most contagious the first two or three days after catching a cold and for about five days after being infected with the flu — even before symptoms develop.



Get Vaccinated!

- 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 or four viruses that research suggests will be most common. (See upcoming season's Vaccine Virus Selection for this season's vaccine composition.)
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.
- 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.



Additional Resources from the web

Last Year's Tips: Is It The Cold Or The Flu? | Cold And Flu Fighting Foods And Remedies | Preventative Care

Click [HERE](#)

- Good Health Habits for Preventing Seasonal Flu: [CDC](#)
- 7 myths about the flu vaccine and why you should get it anyway: [CNN](#)
- Flu Prevention: Top Ways to Avoid the Flu: [WebMD](#)
- 20 Surprising Ways to Prevent Colds and Flu: [Health](#)

FLU PREVENTION TIPS



Someone to Talk To



The Employee Assistance Program (EAP) is a great resource for all University employees. They offer free and confidential counseling and life advice 24 hours a day 7 days a week. Whether you need help finding affordable day care, or you need someone to help you cope with stress, the EAP can help. **713-500-3327 or 1-800-346-3549.**



Work-Life Wellness Program
ENCOURAGING A CULTURE OF HEALTHY CHOICES