



The flu bug is around the corner! We need to start now to get our bodies in prime condition to battle the winter bugs.

The flu season usually begins at the end of October, so start now to get your body ready to fight. The best flu-fighters are those that have a healthy immune system, so follow these simple steps to get you and your family up-to-speed.

- **Get your daily dose of vitamin C!** Vitamin C is found in oranges, limes, grapefruits, tomatoes, and green, yellow, and red peppers. Scientists found that people who don't get enough vitamin C in their diet have a hard time healing from wounds and illnesses. Not only that, but humans are one of the few animals that do not produce their own vitamin C in their bodies, so we have to drink our O.J.!
- **Have a yogurt everyday!** We have all been hearing a lot lately about "acidophilus" and how it is supposed to do everything from regulate our digestive system to prevent a cold. "Acidophilus" is simply a friendly bacteria found in yogurt that helps hold the bad germs at bay. So have a yogurt everyday and you will not only boost your good bacteria but, you will also be helping your bones stay strong!
- **Get your yearly flu vaccine!** Studies have shown the flu vaccine to be our best bet when it comes to avoiding the flu bug. The American Academy of Pediatrics (AAP) now considers infants 6-23 months to be the highest risk group. This means all children 6-23 months should get a flu shot each year. Also, since infants are the highest risk group, all their family members should be vaccinated also to help protect them even more. This is especially important if you have an infant younger than 6 months, because they can't get the flu shot yet, so you have to make sure you don't get the flu and give it to them.
- **Get enough sleep!** People who skimp on the ZZZ's weaken their immune system, making it harder for them to fight off germs. So get your bedtime routine down and hit the sack.

Be smart now so your body is ready to fight this winter!

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