

Faith Health Ministry—Flu Season Warning:

The U.S. is being hit with one of the worst flu seasons in years, with up to 49 states reporting widespread illness, according to the Centers for Disease Control and Prevention — four times as many as this time last year. Experts warn that young children are particularly vulnerable.

You can get the flu if someone with the illness coughs or sneezes near you. The flu virus travels in droplets from the infected person's nose or mouth through the air and enters the body through your nose or mouth.

You can also get the flu simply by touching an object like a telephone or doorknob that someone with the flu has already touched. The flu virus passes from that object to your hand and then to your nose or mouth. There are many ways to prevent flu and colds.

Steps to Take to Avoid the Flu

- **Influenza vaccination** is the best method for preventing the flu and its complications. Flu spreads from person to person.
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too. Droplets containing the flu virus travel in the air only 3 feet when a person sneezes, so keeping your distance from someone who is sick is a good way to avoid the flu.
- **Avoid crowds.** You are at greatest risk of getting infected in places where there are a lot of people.
- **Stay home when you are sick.** This will help prevent others from catching your illness.
- **Cover your mouth and nose.** Use a tissue when coughing or sneezing, or sneeze or cough into your sleeve.
- **Clean your hands.** Help protect yourself from germs. Use a waterless cleansing gel (hand sanitizer) when you can't use soap and water. Keep a small bottle in your glove compartment, purse, or pocket.
- **Avoid touching your eyes, nose, or mouth.**

- **Eat, sleep, and exercise.** Your body has defenses to guard you from getting sick. These defenses are called the immune system. For your immune system to work well, it's important to eat right, get enough sleep, and be active each day.

Save the Date – Wear Red Day at LACC Sunday February 4, 2018:

What is wear Red Day About? In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women. Stemming from that action, National Wear Red Day was born. Nationally it is held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women. So, at LACC we celebrate and raise awareness of heart disease in women the first Sunday in February.

Don't ignore heart attack warning signs

- **Chest pressure, tightness, and heaviness:** Most heart attacks involve pain or discomfort in the chest that lasts for more than a few minutes or goes away and comes back.
- **Extreme fatigue:** A sense of unusual or extreme tiredness that lasts for days, or weeks, can be a sign of heart trouble. This symptom can be more common in women.
- **Fainting and lightheadedness:** This sensation can involve dizziness, extreme weakness or anxiety.
- **Nausea:** A feeling of sickness associated with your stomach, but can be heart-related.
- **Pain in shoulders, neck, jaw, or arms:** Report any unusual upper-body symptoms to your doctor.
- **Shortness of breath with or without chest pain:** Heart attack sufferers can have trouble breathing for no apparent reason.
- **Sweating:** This can feel similar, to hormonal hot flashes or night sweats.

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