

# WELLNESS WEDNESDAY

ALTA VISTA ELEMENTARY SCHOOL  
SEPTEMBER 26, 2018



## Flu Season is Upon Us

### The Best Time to Get the Flu Shot Is Earlier Than You Think

The Centers for Disease Control and Prevention (CDC) says it's already time to think about flu season 2018-2019.

All adults and children older than six months should get a flu vaccine by the end of October 2018, the CDC says. (The American Academy of Pediatrics recently made a similar recommendation.) While the shot is still effective for those who get it later in the fall or winter, getting vaccinated before flu season is in full swing offers the best protection, the CDC says.

While the flu shot is not perfect – during last year's brutal flu season, it was only about 36% effective – the CDC still recommends getting one, since they can reduce the chances of getting and spreading the flu and the severity of any illnesses that do occur. The flu shot also tends to be more effective in children.

The vaccine has also been tweaked for the upcoming flu season in hopes of targeting the viruses that are likely to circulate this year, according to the CDC. Both standard vaccines and nasal sprays are recommended for the 2018-2019 flu season.

The CDC's vaccine reminder comes after a particularly intense flu season, which sent more than 30,000 people to the hospital and killed 180--the highest

number recorded in any non-pandemic year since 2004, when the CDC began tracking pediatric deaths.

While the CDC can't predict what this year's flu season will be like, it recommends vaccination as a preventive measure. Once flu season begins, people can also reduce the spread of illness by washing their hands frequently, staying home from school or work if they get sick and taking antiviral drugs if they come down with influenza.

-TIME Health

### Flu Diet: 9 Foods to Eat When You Have the Flu

When you or a loved one has the flu, the last thing you may feel like doing is eating. It's certainly okay to eat a little less with the flu, as you likely have a reduced appetite.

Still, you'll need to eat small amounts of the right foods to provide you with energy and nutrients while you recover.

Read on to learn more about what you should eat and drink as well as what's off-limits when you have the seasonal flu.

#### 1. Broth

Whether you prefer chicken, beef, or vegetable, broth is one of the best things you can eat when you

have the flu. You can eat it as soon as your symptoms begin and until you have fully recovered.

Broth helps prevent dehydration, and the warm elements can help soothe a sore throat and relieve congestion.

#### 2. Chicken soup

Chicken soup combines the benefits of broth along with additional ingredients. Cut-up chicken provides your body with iron and protein, and you'll also gain nutrients from carrots, herbs, and celery.

You can eat chicken soup throughout the duration of the flu to help keep you hydrated and satiated; just be sure to watch the salt content.

#### 3. Garlic

While you might think of garlic as a food-flavoring agent, it's actually been used in alternative medicine for a variety of ailments for centuries. One study of garlic supplements in adults with the flu found enhanced immunity and reduced symptom severity.

You don't necessarily have to take supplements, though. Eating raw garlic may also be beneficial. Due to the immune-enhancing effects, consider eating garlic at the first signs of the flu.

#### 4. Yogurt

Yogurt with live cultures not only can help soothe a sore throat but can also boost your immune system, according to a study of mice reported in the journal *International Immunopharmacology*. Yogurt also contains protein.

You can eat yogurt while your throat is sore, but just be sure to choose whole yogurts without any added sugars.

#### 5. Vitamin C-containing fruits

Vitamin C is an important nutrient to help boost your immune system, which is especially important when you're sick. While supplements can help, your body can absorb nutrients like vitamin C more effectively from the foods you eat.

Consider snacking on vitamin C-rich fruits while you have the flu. Some fruits high in vitamin C include strawberries, tomatoes, and citrus fruits.

#### 6. Leafy greens

Spinach, kale, and other leafy greens can also help boost your immune system when you have the flu. They have both vitamin C and vitamin E, another immune-enhancing nutrient.

#### 7. Broccoli

Broccoli is a nutrient powerhouse that can benefit your body when you have the flu. Eating just one serving will provide immune-boosting vitamins C and E, along with calcium and fiber.

Consider eating broccoli when your appetite returns toward the middle or end of the flu. You can also eat broccoli soup; just remember to check the sodium content.

#### 8. Oatmeal

When you're sick, a hot bowl of oatmeal can be a soothing, nutritious food choice. Oatmeal, like other whole grains, is also a natural source of immune-boosting vitamin E. It also contains polyphenol antioxidants as well as immune-strengthening beta-glucan fiber.

#### 9. Spices

Toward the end of the flu, you might have increased sinus and chest congestion. Certain spices, such as pepper and horseradish, can help break up congestion so you can breathe better. However, avoid spicy foods when you have a sore throat.

-Healthline

## Blue Zones Recipe of the Week



Simple Greek Bruschetta

This 15-minute, Greek-inspired bruschetta will be an instant favorite. Fresh tomato, Kalamata olives, and herbs are married with a simple dressing of olive oil and balsamic vinegar. Pile on top of thick slices of baguette for the perfect appetizer or side dish.

## Upcoming Events in the Community

MINDFULNESS DROP-IN  
GUIDED MEDITATION

10.3.18

5:30PM-6PM

BEACH CITIES HEALTH DISTRICT

INTERNATIONAL WALK TO SCHOOL DAY  
10.10.18

LEAVE THE CAR AT HOME AND JOIN BEACH CITIES HEALTH DISTRICT FOR INTERNATIONAL WALK TO SCHOOL DAY ON WEDNESDAY, OCTOBER 10. BE SURE TO CHECK-IN AT YOUR SCHOOL'S

WELCOME BOOTH BY THE MAIN ENTRANCE TO BE OFFICIALLY COUNTED AS A PARTICIPANT AND RECEIVE YOUR PRIZE!

Life is not merely to be alive, but to be well.

-Marcus Valerius Martial