

TIPS

- Avoid toughing it out - Your coworkers, classmates or teammates will appreciate it if you stay home rather than sharing your germs. Stay home and rest if you exhibit flu-like symptoms.
- Wash your hands thoroughly and often - Hand rubbing is as important as soap and water. Vigorously rub your hands when you wash them for the length of the "Happy Birthday" song.
- Keep a supply of hand sanitizer - You can help to stop the spread of germs by using a hand sanitizer such as Purell after touching high contact surfaces.
- Sanitize high contact surfaces - Use an antibacterial cleaner such as Lysol to clean telephones, door handles, keyboards and other common items at the beginning and end of each day.
- Go for Chinese - The Chinese herb Ban Lan Gen (Radix Isatidis) has been proven effective for the prevention and treatment of flu viruses including H1N1. A registered Chinese Medicine Doctor will be able to determine if this herb would be helpful for you.
- Keep warm - Wear a scarf and toque to protect the throat, neck and head during cold weather.
- Let your food be your medicine - Try cooking with garlic, ginger and onions for an added boost of antivirals.
- Get enough ZZZZ's - Your immune system can only function optimally when supported with adequate rest. 7-8 hours/night is recommended.
- Bump elbows - The Olympic athletes are being encouraged to bump elbows rather than shake hands to greet each other. Bowing, waving or nodding should work as well to help prevent the spread of germs.
- Cough or sneeze into your elbow rather than your hand. If you forget, sanitize your hands immediately after.
- Consult a Complementary Health Care Practitioner - There are a host of reasons why your immune system may not be functioning at full capacity. A qualified health care practitioner can customize a treatment plan specific to your individual needs.

Wishing a Happy and Healthy Autumn

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* The information contained is for educational purposes only and not meant to diagnose, treat or prevent illness