

## **Tips To Keep You Well This Cold and Flu Season.**

The CDC.gov website (<http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm>) states that influenza or flu season typically starts in early October and can last into May. That time is now upon us. When you aren't feeling well due to the flu, the time off work can be up to 2 weeks. Losing 2 weeks can result in losing nearly 5% of your annual income. Fortunately, there are simple steps you can take to reduce the likelihood that will happen to you this year.

### **Easy Steps for Staying Well During Cold and Flu Season**

So what can you do so that your time off can be used for a vacation, a retreat, or a business conference instead of at home feeling miserable? What can you do to avoid cancelling your appointments or exposing your clients? Rest is still the best medicine for sure if you do get it, but we hope it doesn't get that far. Remember these easy tips for avoiding the next thing going around and stay operating at peak performance.

#### **1. Watch what you touch and wash your hands**

- a. If you touch something contaminated and then you touch your eyes, nose or mouth before washing your hands, that is one of the quickest ways to catch the cold or flu. So, try to not touch your eyes, nose or mouth. It is not as easy as it sounds. Try it for 20 minutes and see how many times you do it (or think about doing it since your awareness will tend to impact your behavior). Observe a loved one and see how often they do it or ask them to randomly observe you sometime when you aren't expecting it.
- b. Remember that frequent hand washing is one of the best ways to prevent the spread of germs. Always wash your hands after covering a cough or sneeze and after blowing your nose. Always use soap to wash your hands. Sing your ABC's or another fun tune so you know you've washed for at least 30 seconds. No soap and water accessible when you need it? Then use an alcohol-based gel. Keep a small bottle in your purse, pocket, car, or desk. Rub it in until it dries.

#### **2. Avoid close contact**

Personally, I find this one hard to do but try your best to avoid close contact with those who are under the weather - even your loved ones. Don't share drinks or towels or utensils with those who aren't feeling well. If you do get sick, avoid contact with others including your clients. They don't want your cold any more than you want it. You definitely don't want them telling other clients or potential clients that you got them sick. You risk losing their business and that of people they know. In today's social media world, you risk losing a whole lot more than that.

#### **3. Keep up your healthy lifestyle**

The most proactive thing you can do year round is keep your immune system strong. There are some tried and true immunity boosters such as eating a healthy diet, getting plenty of sleep (8 hours is recommended), exercising daily, staying hydrated, and managing your stress.

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