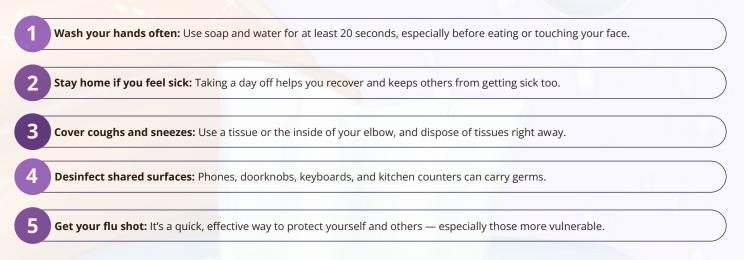
Let's stay Healthy: Flu Season is Here

Winter months mean cooler temperatures, shorter days, and yes — flu season. While not everyone gets sick, this time of year brings a higher risk of spreading and catching viruses, especially in shared spaces like offices, gyms, and schools.

The good news? There are simple ways to reduce your risk and stay healthy. Here's how.

Everyday Habits That Make a Difference:



Supporting Your Immune System



🏷 emmy Health

Did You Know?

The average adult gets 2–3 colds per year, and flu season peaks between December and February. You can be contagious a full day before symptoms start — which is why preventive habits matter so much.

Healthy Habits in the Workplace:

- Keep hand sanitizer in common areas
- 2 Wipe down shared equipment regularly
- Encourage flexible sick leave to help others stay home when needed
- Stock the kitchen with hydrating options like water, tea, or electrolyte drinks

Mental Health Check-In:

Staying healthy isn't just about avoiding illness — it's also about checking in with how you're feeling. Shorter days and winter stress can take a toll.

Here are a few small ways to support your mental well-being:

- Step outside for a few minutes of sunlight or fresh air
- Try deep breathing or a mindfulness app during a break
- Reach out to a coworker or friend connection matters
- If you're struggling, don't hesitate to seek support

What We're Focusing On This Month:

- Listen to your body.
- Take time to rest.
- Practice kindness, with yourself and others.
- Support one another.

Reminder: It's Okay to Pause

If you're feeling under the weather, physically or mentally, it's okay to take a step back. Winter can be a tough season, and it's important to listen to your body. Whether it's a sick day, a walk outside, or just a quiet morning to reset, small breaks can go a long way.

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