

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:

- 1 Wash your hands often:** Use soap and water for at least 20 seconds, especially before eating or touching your face.
- 2 Stay home if you feel sick:** Taking a day off helps you recover and keeps others from getting sick too.
- 3 Cover coughs and sneezes:** Use a tissue or the inside of your elbow, and dispose of tissues right away.
- 4 Disinfect shared surfaces:** Phones, doorknobs, keyboards, and kitchen counters can carry germs.
- 5 Get your flu shot:** It's a quick, effective way to protect yourself and others — especially those more vulnerable.

Supporting Your Immune System

Stay Active

Even light movement like walking or stretching helps your body fight off illness.

Eat balanced meals

Vitamins and minerals (like Vitamin C, D, and Zinc) support immune health.

Get Enough Sleep

Aim for 7-9 hours a night — sleep is when your body repairs and restores itself.

Manage Stress

Chronic stress can weaken immunity. Use this season to slow down when you can.

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:

- 1 Keep hand sanitizer in common areas
- 2 Wipe down shared equipment regularly
- 3 Encourage flexible sick leave to help others stay home when needed
- 4 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.