

The Pearl ~ Wellness Newsletter

September's Health Focus: Cough, Colds & Flu

Wellness Ctr OPEN HOUSE: 9/12 free events including lunch to go for first 100 employees!

Issue: September 4, 2013

Hand Washing Campaign

Hand washing is one of the best ways to avoid getting sick and spreading illness to others. Frequent hand washing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy. This ounce of prevention may also offer protection against getting the flu.

WHAT IS THE FLU?
The flu is a respiratory illness caused by different viruses. The flu spreads easily, and occurs every year during Fall, Winter & Spring.

Flu viruses are thought to spread from person to person through droplets made when people with flu cough, sneeze, or talk.

Flu is different from a cold. People with flu usually feel achy and have a fever.

Every year in the U.S., the flu causes over 226,000 hospitalizations and about 36,000 deaths. Seek your health care provider's advice about getting your flu vaccine once it is available.

Remember these tips:

- * Avoid close contact with people who are sick.
- * Clean your hands often with soap & water.
- * Avoid touching your eyes, nose, mouth - germs spread this way.
- * Cover coughs and sneezes with a tissue or your arm then wash up.
- * Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- * If possible, stay home when sick. (Source: cdc.gov)

What's Happening?

- ☺ **WELLNESS WEEK EVENTS Sept 9th - 12th** are posted on our calendar Don't miss out on the fun!
- ☺ **NEWS FLASH! Have your BP checked during our screening events before 9/13, and get a chance at our big raffle ~ over 30 prizes!** Raffle drawing is 9/12 - 5 PM.
- ☺ The **MULTI GYM weight training machine HAS ARRIVED!** Stop by the WC to check it out.
- ☺ **Employee Flu Shot clinics: Health Dept 9/24 - 9am to 2 pm; Social Services Bldg 9/26—10 am to noon**



Anna May Neary—celebrating her good health on a parasail with her daughter recently. *You Go girl!*



Pictured above L to R: Lisa, Farmer Tony, Mary Beth

For your convenience— free **BLOOD PRESSURE SCREENING's** will be offered to all employees at many County office buildings starting this week. Did you know you can have high BP and feel fine? But high BP can lead to heart disease, stroke, and kidney damage. Need more information? Contact the Wellness Division at 465-1087.

Here's a Pearl for you

"The difference between the possible and the impossible lies in a person's determination."

~ Tommy Lasorda ~

Have a Healthy Living or Fitness Tip to share in the Newsletter?

Send an email to:

CMCWellness@co.cape-may.nj.us

Visit the Wellness Website at:

www.CMCWellness.org

View & Register for our events on our website calendar.