



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

# WELLNESS NEWSLETTER

## September: Cough/Cold/Flu

**EMPLOYEE FLU CLINICS: Sept 24th Health Dept 9 - 1 & Sept 25th Soc Services Bldg 10 - noon**

**Healthy Eating Series at Rutgers - 5 pm Sept 25th "Healthy Lunches"**

Issue: September 2, 2014

**COLDS** usually begin abruptly with a sore throat followed by a runny nose, sneezing, fatigue, cough. Usually there is no fever with the common cold. Fever and more severe symptoms may indicate that you have the flu or a bacterial infection, not a cold.

**IS IT THE FLU?** Take your temperature. A mild case of the flu often mimics common cold symptoms, but a cold rarely raises your temp above 101 degrees F. If your common cold symptoms are severe and

aren't improving, seek medical attention. Always seek medical attention: if you are pregnant or nursing; if your newborn or infant has cold symptoms; if your cold symptoms worsen after the third day.

(Ref: WebMD.com)

**HANDWASHING** is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

### WHEN SHOULD YOU WASH YOUR HANDS?

**Before**, during, and after preparing food.

**Before** eating food.

**Before and after** caring for someone who is sick.

**Before and after** treating a cut or wound.

**After** using the toilet.

**After** changing diapers or cleaning up a child who has used the toilet.

**After** blowing your nose, coughing, or sneezing.

**After** touching an animal, animal feed, or animal waste.

**After** touching garbage.

(Ref: CDC.com)



### HOW FLU SPREADS . . .

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze, or talk.

These droplets can land in the mouths or noses of people who are nearby, or they are inhaled into the lungs. A person may also get the flu by touching a surface or object that has flu virus on it, and then touching their own mouth or nose.

To avoid this people should stay away from sick people and *stay home if sick*. It is also important to wash your hands often with soap and water. Frequently clean & disinfect surfaces at home, work and school.

**Our lunch time Boot Camp crew took the ice bucket challenge after a great Ab-ripper workout on 8/21 and also raised money for ALS!**

(see the video link on [www.capemaycountygov.net](http://www.capemaycountygov.net))



*You miss 100% of the shots you don't take.*  
Wayne Gretzky



Right: Mark Huff (Tourism) knows the value of snacking healthy while at work. Mark's health tip: Snack smartly by keeping unsalted almonds and water handy to get you through the day.

Thanks for sharing Mark!



### What's Happening?

The HEALTH DEPARTMENT has reserved the following dates and times for free employee mini-clinics:

September 18 (7:30-8:15)

Register at the Wellness event calendar. Use the Health Dept clinic entrance.

Check out the Wellness calendar for more info on our free classes. All employees are welcome! 465-1087

[www.cmcwellness.org](http://www.cmcwellness.org)

Kindness doesn't cost a cent...