

Wellness Tidbits

National Handwashing Week (December 1-7) &
National Influenza Vaccination Week (December 5-11)



'TIS THE SEASON...FOR COLD AND FLU

'Tis the season...for cold and flu. Do your part to avoid the aches and pains of cold and flu and instead enjoy the celebration of the season by taking the following steps to protect yourself.

1. **Wash your hands often with soap and water.**
2. **Avoid touching your eyes, nose, and mouth (especially with unwashed hands).**
3. **Stay away from others who are sick.**
4. **For the flu, take advantage of your yearly vaccination.**
5. **Practice other habits to promote health.** Clean and disinfect. Get plenty of sleep. Be physically active. Manage stress. Drink plenty of fluids and eat nutritious foods.

Resources:

<https://www.cdc.gov/features/rhinoviruses/index.html>

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

TSHBP Member Benefit Highlight

Skip the doctor's office this flu and cold season, and make a virtual visit from the comfort of your own home. As a TSHBP Member, virtual visits are available to you through TELADOC®.

To learn more about TSHBP and Member benefits—

[CLICK HERE.](#)



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is one way to protect against the cold and flu this winter?

**ANSWER FITBIT®
CHALLENGE HERE!**



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