It’s That Time of the Year Again: Flu Season

The arrival of the fall and winter months signals many things, including flu season. According to the Centers for Disease Control and Prevention (CDC), flu activity peaks between December and February. It’s likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter.

Many symptoms of the common cold, the flu and COVID-19 are similar, so learn how to differentiate between them on the next page.

Flu Prevention

The flu vaccine is your best chance of preventing the illness, and it’s more important than ever this year. Currently, the CDC recommends an annual flu vaccine for anyone over 6 months of age.

In addition to getting your vaccine, there are some other ways to help protect yourself during this flu season. Avoid close contact with people who are sick, and stay home when you’re sick. It’s critical to continue good hygiene by covering your coughs and sneezes, and washing your hands. Safety measures made a positive impact on flu cases earlier this year, and they will continue to be crucial as we enter flu season.

Get Your Flu Shot

If you’re unsure about getting a flu vaccine, here are some reasons why it’s especially important amid the pandemic:

- **Reduces risk of contracting both viruses at the same time**—Battling simultaneous flu and COVID-19 infections could be much worse than battling either alone. Nobody knows what to expect until it happens—and then it’s too late.
- **Eliminates symptom confusion between the flu and COVID-19**—You’ll be less likely to get flu symptoms like fever, cough and body aches. Those are symptoms that could be confused for COVID-19.
- **Reduces strain on the medical system**—The flu and COVID-19 are both respiratory illnesses, so they rely on some of the same life-saving hospital equipment.

If you’re worried about staying healthy this flu season, please contact your doctor.
American Diabetes Month

Diabetes affects over 30 million Americans—and that number grows every day. While Type 1 diabetes can’t be prevented, you can take steps to prevent Type 2 diabetes—the type that is most common.

- **Eat healthy.** Get plenty of fiber and whole grains, and understand how the foods you eat affect your blood glucose.
- **Be more active.** Aim for at least 30 minutes of exercise daily, and try incorporating both aerobic exercise and resistance training.
- **Lose extra weight, and keep it off.** If you’re overweight or have obesity, weight control can be an important part of diabetes prevention.

One in three American adults are at risk for Type 2 diabetes, yet nearly 85% don’t know they have it. Take control now during American Diabetes Month, and see your doctor to get your blood sugar tested.

COVID-19 vs. Flu vs. Cold—Which Is It?

As expected during the pandemic, every cough, sneeze or throat tickle may give you cause for concern. Many symptoms of the common cold, the flu and COVID-19 are similar—making it difficult to distinguish between them. Different viruses cause each of these illnesses, which means there are different symptoms.

- **COVID-19**—The most common three symptoms to keep in mind are fever, dry cough and shortness of breath. Check out the infographic below for additional symptoms.
- **Flu**—If you feel fine one day and miserable the next, it may be the flu. Common symptoms include cough, fatigue, fever or chills, headaches, body aches, runny or stuffy nose, sore throat, vomiting and diarrhea.
- **Common cold**—Most importantly, you won’t have a fever with a cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

One key difference between the illnesses is a symptom of COVID-19—shortness of breath. If you are concerned about your symptoms, call your doctor. The only way to confirm your illness is to get tested.

Nutritional Information

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<tr>
<td>Total fat</td>
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<tr>
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<td>Total sugars</td>
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</table>

Source: U.S. Department of Agriculture (USDA)

**Fall Veggie Casserole**

Makes: 8 servings

**Ingredients**

1 medium eggplant  
4 tomatoes  
1 green pepper  
1 onion  
1 tsp. salt  
¼ tsp. pepper  
3 Tbsp. vegetable oil  
1 clove garlic  
2 Tbsp. grated Parmesan cheese

**Preparations**

1) Remove the skin from the eggplant. Cut the eggplant into cubes.
2) Chop the tomatoes into small pieces.
3) Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4) Chop the onion into small pieces.
5) Cut the garlic into tiny pieces.
6) Cook the first eight ingredients in a large skillet until tender.
7) Top with Parmesan cheese and serve.

Is It COVID-19?

People with COVID-19 have experienced a wide range of mild to severe symptoms, appearing 2 to 14 days after exposure, including:
Learn your family health history this November

Whether together or apart, family is important. While the holidays will undoubtedly look different this year as families may limit gatherings due to COVID-19, Thanksgiving will remain a time to reconnect and catch up with family, whether in person or over the phone. And, while you’re sharing old stories with one another, Thanksgiving is also an opportune time to talk about family health history.

The U.S. Centers for Disease Control (CDC) has dubbed Thanksgiving as National Family Health History Day to encourage people to learn about some of the health issues that may run in their families so as to better manage their own health accordingly. Learning about familial health issues is as easy as asking other family members a few questions.

Some examples may include:

• Asking about family chronic illnesses (diabetes, high blood pressure and other conditions)
• Asking how old families members were when they were diagnosed with diseases or health conditions
• Learning about family ancestry, such as which countries or regions family members came from

Learning about family health history can be a first step to developing healthier habits or making lifestyle changes that can prevent or delay the onset of inherited health conditions. Likewise, those who understand their family’s health can better monitor their own health, know signs of diseases when they appear, and seek medical help for early treatment.

The CDC also has an online tool — My Family Health Portrait — that helps users collect and save information about their family health history, as well as learn about their risks for developing health conditions. Users are also able to print their stored information so they may share with their family doctors or other medical professionals.

Monthly Recipe

Leftover Turkey Salad

Do something with those day-after-Thanksgiving leftovers and enjoy a lighter meal with this salad.

Visit www.eatingwell.com for the recipe.

Don’t forget your wellness checks

Complete your annual wellness, vision and dental screening and earn a $25 apparel card or voucher AND this 20 oz. tumbler courtesy of the Wellness Committee. It’s colorful and bright—making it difficult to misplace your morning cup of coffee. For more information on wellness checks, contact Kay Elfring at kkelfring@glcap.org.
Gratitude Challenge

This November, we want you to be grateful for all of the things around you, including yourself! Get out in nature, pay more attention to the little things, give as much love to your family and friends as you can. Check off as many boxes as you can throughout the month of November!

- Call someone you love
- De-clutter your desk
- Make a list of your goals
- Practice being present
- Get rid of 5 things you never use
- Eat lunch with a friend or coworker
- Give someone a compliment
- Send an encouraging text to 5 people
- Volunteer in the community
- Have a self-care day
- List the abilities you're grateful for
- Double your waiter's tip
- Donate clothes to a local shelter
- Pay for the coffee/food of the person behind you
- Hold the door for someone behind you
- List your 2 favorite memories with a sibling, parent or child
- Take your pet for a long walk
- Day of no complaining
- Get active and go exercise
- Smile at everyone you see today
- Give yourself a pep-talk
- List 5 places you are grateful you were able to visit
- Bring your neighbor’s trash can in
- Go out and enjoy nature without your phone or music
- Go somewhere you haven't been before
Gratitude Challenge

This November, we want you to be grateful for all of the things around you, including yourself!

Get out in nature, pay more attention to the little things, give as much love to your family and friends as you can.

Write down all of the great things you have done within the boxes throughout the month of November!