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## Tips for Staying Well in the New Year

Have you ever noticed that so many people get sick during or just after the holidays? One reason is that Influenza season usually doesn't hit here until December, which keeps perfect time with the holidays. Another reason is that we are in close contact with other people while shopping, attending holiday or Saints parties and visiting our families.

In an effort to start the year right, here are some tips to minimize your chances of getting or staying sick this year.

- It's not too late to get a flu shot or nasal flu mist.
- Wash your hands—frequently—preferably with liquid soap. While on the go, have hand sanitizer available. It's not as good as soap, but it is better than nothing.
- At parties, beware of double-dippers at the dip bowl and consider sanitizing your hands after making a plate at the buffet. Avoid touching your nose, eyes, and mouth—especially when around crowds or sick people.
- Get exercise, sleep well, and avoid too much alcohol and stress.
- If you do get the flu, be considerate of others. Stay home and drink plenty of fluids. Get tested as soon as possible, because early use of anti-viral drugs like Tamiflu decreases both the severity and the duration of symptoms. This can also prevent life-threatening complications of the flu. Anti-viral drugs can also prevent exposed unvaccinated people from getting the flu.

Remember, you need to be healthy in order to fully enjoy the new year! ▶

*East Jefferson After Hours Urgent Care is located at 2215 Veterans Blvd. in Metairie and 708 W. Esplanade Ave. in Kenner. Call 504-838-3524 or 504-461-9660 or visit [www.eastjeffersonafterhours.com](http://www.eastjeffersonafterhours.com).*