Flu Shot? Who? You. Flu season can start as early as October and last as late as May. The virus may infect the lungs that can cause a serious complication like pneumonia. People listed in the priority group for flu shots are:

—Children age 6 months to 5 years
—Pregnant women
—People age 50 and older

WebMD Fall Tips for Healthy Living

“Did you wash your hands?” How many times did you hear that question growing up? Here are the reasons why:

To prevent the spread of viruses
wash your hands with soap and water, especially after you cough or sneeze on them.

About 80% of infectious diseases are transmitted by touch so your best prevention is by frequent hand washing.

Germs can enter your body through your eyes, nose, and mouth. You can transmit germs to others by shaking hands or handling items that others have touched.

Wash your hands before and after you eat, after using the bathroom, after school or work, and after handling any contaminants like raw meat, unwashed vegetables, or garbage.

Scrub your hands for 15 to 30 seconds with regular soap and water before rinsing. It is the length of time spent washing, not the type of soap that makes the difference.

No sink? Try using an alcohol-based hand sanitizer, but don’t forget to follow-up with a good hand washing to prevent sanitizer build up.

Visit the American Cancer Society at www.cancer.org for further information on reversing the effects of tobacco and a guide to quitting smoking. Adapted from the American Cancer Society

Dark Chocolate A recent German study showed adults with untreated mild hypertension or prehypertension who ate just ¼ ounce (30 calories) a day of commercial dark chocolate had a drop in blood pressure of 2 to 3 points. It’s a beautiful thing.

UC Berkeley Wellness Letter

The Great American Smokeout November 15th

Within 20 Minutes
Your blood pressure decreases
Pulse rate drops
Body temperature of hands & feet increases

Within 8 Hours
Carbon monoxide level in blood drops to normal
Oxygen level in blood increases to normal

In 24 Hours
Chance of a heart attack decreases

In 2 Days
Nerve endings start regrowing
Ability to smell & taste is enhanced

Within 2 Weeks to 3 Months
Circulation improves
Walking becomes easier
Lung function increases

Within 1 to 9 Months
Coughing, sinus problems and shortness of breath decreases;
energy increases; cilia regrow in lungs, increasing ability to handle mucus, clean lungs and fight infection.

Within 1 Year
Excessive risk of coronary heart disease is decreased to half that of a smoker.

Consider the health and financial benefits of stopping or smoking less.

Visit the American Cancer Society at www.cancer.org for further information on reversing the effects of tobacco and a guide to quitting smoking. Adapted from the American Cancer Society