



NOVEMBER

WELLNESS DURING FLU SEASON

Prioritize Your Mental Health & Well-Being in 2021

It's that time of year again... flu season. In the fall and winter, the flu virus increases its activity. The flu, or Influenza, is a contagious respiratory illness caused by viruses in the nose, throat, and sometimes lungs.

HOW FALLING ILL AFFECTS MENTAL HEALTH

Everyone is familiar with the most common symptoms of the flu: cough, sore throat, stuffy nose, body aches, headache, and fatigue. Any of these symptoms can put a damper on the psyche. The lack of daily interaction and drive while ill can damage your mental health. One benefit that has come from the pandemic, is the necessity of taking sick days when ill.

Just like the coronavirus, the flu is highly contagious, and you will have to call out of work and avoid other people to prevent further infections. No one should be going to work while displaying symptoms and that lack of interaction and support can affect our mental health and recovery. While we know it is necessary to avoid others to prevent further infections, that can leave us feeling isolated.

PROTECT YOURSELF AGAINST THE FLU

1. A yearly vaccination is recommended by the CDC as the best defense against the flu.
2. Avoid those who are sick with Influenza. The illness spreads through droplets in the air, so it is important to keep your distance.
3. Stop the spread of germs by washing your hands, covering your mouth when sneezing or coughing, and cleaning surfaces that could be contaminated.
4. If you do get sick with influenza, antiviral drugs may be prescribed. In addition to anything prescribed by a physician, lots of rest and fluid will help to speed up your recovery.

WHICH GROUPS ARE MOST AT RISK OF FLU COMPLICATIONS?

- Adults 65 years and older
- Children, especially those under 2 years old, or those with neurological conditions
- Anyone with asthma, diabetes, heart disease, HIV/AIDS, cancer, or chronic kidney disease
- Racial and ethnic minority groups
- Those with disabilities

As 2021 continues to unfold, Creative Benefits, Inc. will send you valuable information and resources to help you prioritize your mental health and well-being.