



# HEALTHY TODAY

## FLU SEASON IS AROUND THE CORNER

The best step you can take to prevent influenza (flu) and its potentially serious complications is getting a yearly flu vaccine.

- ⇒ Flu vaccines prevent millions of illnesses, tens of thousands of hospitalizations and thousands of deaths every season.
- ⇒ Flu vaccines are safe. Hundreds of millions of flu vaccines have been safely given to Americans for more than 50 years.
- ⇒ Vaccination helps protect women during & after pregnancy. A CDC multi-year, multi-country study showed it reduced the risk of flu hospitalization among pregnant women by 40% on average. Flu vaccination during pregnancy also helps protect babies from flu for the first several months after birth when they are too young to be vaccinated.
- ⇒ Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- ⇒ While some people who get vaccinated do still get sick, there is a growing amount of data showing that vaccination makes illness less severe, helping to prevent serious outcomes.

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

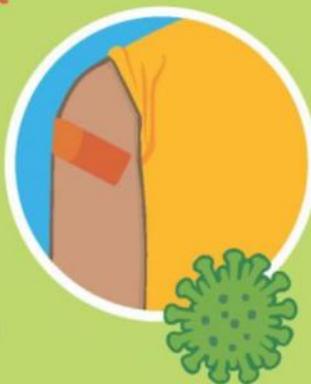
To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

[https://www.cdc.gov/flu/spotlights/2019-2020/get-vaccinated-fightflu.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fflu%2Findex.html](https://www.cdc.gov/flu/spotlights/2019-2020/get-vaccinated-fightflu.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fflu%2Findex.html)

### Everyone 6 months and older should get a flu vaccine each year. Flu vaccines...

- Can keep you from getting sick with flu
- Can reduce the risk of flu-associated hospitalizations including among children and older adults
- Are very important for people with chronic health conditions like diabetes and heart and lung disease
- Help protect both pregnant women and their babies for several months after birth from the flu
- May make your illness milder if you do get sick



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## THREE ACTIONS TO FIGHT FLU

The CDC recommends that people get a flu vaccine by the end of October, if possible. However, getting vaccinated later can still be beneficial. Ongoing flu vaccination is recommended as long as flu viruses are circulating, even into January or later.

**TAKE 3 ACTIONS TO FIGHT FLU**

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

**GET YOURSELF AND YOUR FAMILY VACCINATED!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

**STOP THE SPREAD**

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

**ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS**

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

[WWW.CDC.GOV/FLU](http://www.cdc.gov/flu)

#FIGHT FLU



## SICK WITH THE FLU? KNOW WHAT TO DO!

Influenza (or flu) is a contagious respiratory illness caused by flu viruses. Most people with flu have mild illness and do not need antiviral drugs. If you get flu symptoms, in most cases, you should stay home and avoid contact with others except to get medical care.

The flu is different from a cold.

The flu usually comes on suddenly. People who have flu often feel some or all of these symptoms: Fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea. This is more common in children. It's important to note that not everyone with flu will have a fever.

Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.

<https://www.cdc.gov/flu/resource-center/freeresources/graphics/sick-with-flu-infographic.htm>

## FAMILY MEALS

You know how food just seems to taste better when you're eating it with people you love? That's the magic of mealtime. Sharing a meal is one of the best ways to get to know someone new or to reconnect with family and friends. And making or sharing a delicious healthy meal is an even greater act of love.

One of the biggest benefits of family meals at home is that they're usually healthier. Be sure to include lots of fruits and vegetables and explore plant-based or meatless meals.

Keep it simple. It doesn't have to be a big fancy meal or something you've never made before. Look for recipes labeled "quick and easy." If you can, do some of the prep work in advance (over the weekend or the night before).

Make only one meal that everyone will eat. Plan side dishes to accommodate picky eaters.

[https://sodiumbreakup.heart.org/family\\_meals\\_month\\_2019](https://sodiumbreakup.heart.org/family_meals_month_2019)

# NUTRITION BITES!

## FAMILY MEALS

Eating dinner with your family a few times each week can lead to fewer behavioral problems in children, more academic success and teens who are less likely to be overweight or smoke cigarettes. The path to a healthy family starts with



heart – the hearts you love. But when young kids and/or busy schedules are involved, the path to the dinner table is often littered with short attention spans and refusals to eat anything not nugget-shaped. Like us, you may never actually experience the perfect family dinner, but here are a couple of tips to help bring everyone to the table.

### Turn the devices off and leave them in the other room.

⇒ Don't let FaceTime take the place of real family facetime.

### If dinner doesn't work for your family's schedule, choose another meal.

⇒ Managing everyone's crazy schedules can be challenging. If your weeknights aren't free, try making breakfast together. Or weekend lunch. During the summers, try eating meals at the local pool or park and cooking on the public grill. It's just a matter of figuring out what works for your family's schedule.

### Try your best to always include a variety of healthy options on the table.

⇒ Expecting your child to eat every single thing put in front of them is a fool's errand that will ultimately end in tears (yours and theirs). But the more healthy options on the table, the greater the chances that they'll try something. And if frozen peas (served frozen) are literally the only green thing they will eat, it's ok to have them with every single meal!

### Try to have interactive conversations that involve all members of the family.

⇒ Nothing is more boring to a kid than grown-up talk. Rather than asking, "How was your day at school?" try to ask more leading questions, particularly about subjects you know they are excited about. Even if all dinner conversations center around the kids' current obsession, seeing them engaged at the table is definitely better than the inevitable "I'm bored!" that occurs when there are no devices and the adults are talking about work stuff.

[https://sodiumbreakup.heart.org/planning\\_the\\_perfect\\_family\\_meal?utm\\_source=hfblog&utm\\_medium=email&utm\\_campaign=90219&utm\\_term=dr](https://sodiumbreakup.heart.org/planning_the_perfect_family_meal?utm_source=hfblog&utm_medium=email&utm_campaign=90219&utm_term=dr)

# Delicious & Nutritious

## SPINACH BAKE

Need a recipe that's a crowd pleaser and delicious for any time of day? Look no further than this recipe. Serve it warm with whole-grain crackers.

Cooking spray  
1 1/2 cups low-fat ricotta cheese  
6 eggs  
1 T minced onion  
2 tsps. minced dried onion  
1/2 tsp salt  
1/2 tsp dried mustard or 1 tsp Dijon mustard  
1/4 tsp ground nutmeg  
10 oz frozen chopped spinach cooked, drained, and squeezed dry  
1 tsp minced pimento, drained



- ⇒ Preheat the oven to 350°F. Lightly spray a 2-quart casserole or baking dish with cooking spray.
- ⇒ In a medium bowl, beat together the ricotta cheese, eggs, onion, flour, salt, dry mustard and nutmeg.
- ⇒ Place the spinach in the casserole dish, spreading to cover the bottom. Pour the ricotta mixture over the spinach.
- ⇒ Bake for 30 to 35 minutes, or until a knife inserted in the center comes out clean.
- ⇒ Remove from the oven. Let cool before slicing. Just before serving, garnish with the pimiento.
- ⇒ Makes 12 servings. Serving Size 4 x 1 1/2-inch slice

<https://recipes.heart.org/en/recipes/spinach-bake>

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Our Health Centers

#### Appointment Line:

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

 Calories

70 Per Serving

 Protein

7g Per Serving

 Fiber

1g Per Serving

**Community Health Centers of Greater Dayton—Your Medical Home**