

Get Ready for Cold and Flu Season

October 18, 2022



Concepts Taught

- Learn the difference between viruses and bacteria
- Receive 10 tips to avoid colds and flu, and treat them when you have one or the other
- Set a goal to do one thing to fight the cold or the flu

Differences Between the Cold and the Flu

- Common Cold: a viral infection of your nose and throat; usually harmless but annoying
 - Most adults get 2-3 colds a year, kids have more.
 - Usually last a week to 10 days.
 - Antibiotics don't work for colds
- The Flu: a viral infection, usually respiratory; sometime stomach
 - Can be mild or severe
 - Usually last a week to 10 days.
 - Antibiotics don't work for flu.
 - Can be treated with flu antivirals

Key Take Aways

10 Tips to Fight Colds and the Flu

- **Get a flu vaccine:** Get a flu vaccine every year, as it changes from year to year.
- **Get enough sleep:** Heals and repairs the body and boosts the immune system.
- **Drink more tea:** Boosts interferon, which prevents virus replication. It lubricates and coats the throat and improves hydration, opens the sinuses and makes your nose run, which gets rid of germs and bacteria.
- **Be physically active:** Flushes bacteria and viruses from the lungs and airways, helps to circulate white blood cells in your body, and raises body temp which can prevent germs from growing.
- **Moisturize the air you breathe:** A vaporizer or humidifier can help loosen congestion sending germs out of the body before they multiply.
- **Eat more garlic:** Garlic contains Allicin which fights infections and bacteria. Ginger and onions are immune boosters too.
- **Try chicken soup:** Hot broth helps to keep mucous thin. Pile in the veggies which are loaded with immune boosting Vitamin A.
- **Check vitamins C and D:** Vitamin C helps keep your skin healthy and fortifies WBCs. Vitamin D is the sunshine vitamin.
- **Get enough zinc:** Zinc is essential for developing healthy WBCs.
- **Wash hands:** Wash your hands for 20-30 seconds, multiple times per day, with soap and water

Call to Action

- What is one thing you learned that you could do, and will do, this week to stay healthier during cold and flu season? Place a check mark in the box.

- | | |
|---|---|
| <input type="checkbox"/> Get a flu vaccine | <input type="checkbox"/> Eat chicken soup |
| <input type="checkbox"/> Eat more garlic | <input type="checkbox"/> Get enough sleep |
| <input type="checkbox"/> Drink tea | <input type="checkbox"/> Wash your hands |
| <input type="checkbox"/> Get enough zinc | <input type="checkbox"/> Get vitamins C/D |
| <input type="checkbox"/> Be physically active | <input type="checkbox"/> Moisturize the air you breathe |

Immunity Soup Recipe

Ingredients: 32 oz. low sodium chicken broth, 2 cups water, 2 bay leaves, Parmesan rind (optional), 3 diced carrots, 1 diced onion or 8 diced green onions, 1 large cooked and diced chicken breast, 4 cloves crushed garlic, 1/2 teaspoon red pepper flakes, 3 cups chopped and de-stemmed kale, 1 1/2 cups chopped broccoli, 1 (15.5 oz.) can drained Cannellini beans

Directions: Pour the chicken broth and water into a large pot. Add the bay leaves, Parmesan rind (if using), diced carrot, and onion. Bring to a low simmer, and simmer 10 minutes. Add the chopped chicken, garlic and red pepper flakes. Simmer on low, ten more minutes. Add the broccoli, kale and drained beans, continue to simmer on low, about 10 minutes more, or until kale and broccoli are just tender. Remove the bay leaves and Parmesan rind (if using) and serve.