FMA Family Medicine Associates

December

Monthly Newsletter

December starts us off with National Handwashing Awareness Week. Proper handwashing with soap and water is always best. Using 70% alcohol hand sanitizer is okay if applied properly. Use enough to cover both hands. Teach your kids to wash their hands at an early age:

- After using the bathroom; (20% of the population don't)
- Before and after handling food or eating;
- After touching surfaces in public places;
- After catching a cough or sneeze with your hands.



Sneezes are mini hurricanes. They typically exit the body at about 200 mph, and emit around 40,000 droplets into the air. With cold and flu season here teach your kids to cough and sneeze into their elbows (like the count, ah-ah-ah). If you don't cover your cough or sneeze you're spraying bacteria and viruses into the air and to those around you.



Fun fact: You can reduce your risk of breathing in germs by using a tiny dab of saline gel (like Ayers) just inside each nostril. And keep your rooms humidified. Make sure you are cleaning your humidifier daily to avoid biofilm build up.



TIPS TO STAY HEALTHY OVER THE HOLIDAYS:

- **Manage your stress:** Don't feel like you have to attend every party or gathering. It's okay to say "no" thank you. Not this time.
- **Focus on good nutrition:** Some cookies and candy are okay. But heavy sugar consumption can deplete your ability to fight infection.
- **Get enough sleep:** You can't do it ALL every day. Sleep is more important than completing an endless list. Ask for help or cut back on your commitments.
- **Exercise is critical this time of year:** A brisk walk, outside or at the mall can get your blood pumping and increase your Serotonin levels. Dress properly to avoid frost bite.
- **Protect your emotional well-being with self care:** Even 20 minutes of daily self pampering helps protect your mental health. Make yourself a priority.

Everyone needs to remember to take a *DEEP BREATH*.
And slowly let it out. Now again.

Kids Corner:



What do you get when you cross a Christmas tree with an apple?

A PINEAPPLE!



There's still time to get your flu or measles vaccination before large family gatherings.

We will be closed December 24th, 25th, 31st, and January 1st. There will be an "on call Provider."

FMA staff wishes everyone Peace on Earth and Goodwill to all.



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Your family's health is our top priority.