

The CDC suggests that, "as with other infectious illnesses, one of the most important and appropriate preventive practices is careful and frequent hand hygiene. Cleaning your hands often using either soap and water or waterless alcohol based hand sanitizers removes potentially infectious materials from your skin and helps prevent disease transmission." According to the CDC, "influenza viruses are spread when a person who has the flu coughs, sneezes, or speaks and spreads virus into the air, and other people inhale the virus. The viruses can also be spread when a person touches a surface with flu viruses on it (for example, a door handle) and then touches his or her nose or mouth. Adults may be contagious from one day before developing symptoms to up to seven days after getting sick. Children can be contagious for longer than seven days." While the single best way to prevent the flu is to get vaccinated, the CDC does not know if the seasonal flu vaccine will protect against the swine flu virus. The CDC recommends these other ways to prevent the flu:

Avoid close contact with people who are sick.

Stay home when you are sick.

Cover your mouth and nose with a tissue when coughing or sneezing.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth."

Are you having signs of caregiver stress?

Symptoms: Anger, Denial, Anxiety, Social Withdrawal, Exhaustion, Sleeplessness, Irritability, Health Problems, Lack of Concentration, Depression.

Ways to reduce Caregiver Stress:

- Get regular checkups
- Take your medication
- Eat healthy foods
- Exercise every day
- Rest when tired

Caring for Your Emotional Health:

- Journal your feelings
- Join a support group
- Talk to someone you trust about your feelings
- Do activities you enjoy
- Spend time with family and Friends

Alzheimer Association website; www.alz.org 1-800-272-3900

From you Parish Health Ministry 609-654-8208 x610