6 Ways to Fend Off Seasonal Flu

The best way to prevent seasonal flu is to get a flu shot. But there are also other important things you can do to stay healthy during flu outbreaks.

For many people, Spring means March Madness and Spring cleaning. However, Spring is also the time of seasonal allergies and flu. So make March a time to beef up your efforts to prevent the flu and other respiratory infections. Here are Six Ways to Fend Off the Flu:

1. Get a flu shot. The flu shot is the single best way to prevent seasonal flu. The ideal time to get a flu shot is between September and November, before the start of the flu season. But even getting it later in the season can help. The flu shot may not always prevent seasonal flu, but it can make symptoms milder and help reduce the risk of serious complications.

2. Wash your hands often. Handwashing is a simple but powerful way to prevent many types of infection, including the flu. Use soap (any type will do) and warm water. Scrub for 15 to 20 seconds. Rinse well, and dry with a clean towel or paper towel. If you don't have access to soap and water, use an alcohol-based hand wipe or gel sanitizer.

3. Keep your hands away from your face. Flu germs can live for hours on surfaces such as doorknobs and desks. They can enter your body if you touch a contaminated surface and then touch your eyes, nose or mouth.

4. Steer clear of sick people. Try to avoid close contact with people who are sick. If possible, stay out of crowds when flu outbreaks are highest in your area.

5. Cover your mouth and nose when you cough or sneeze. Use a tissue and then throw it away. If you don't have a tissue, use your hand. Then wash your hands to get rid of the germs.

6. Build your defenses. Keep your immune system strong by eating a healthy diet, getting plenty of sleep and getting regular exercise. Always talk to your doctor before you increase your activity level.

If you get the flu

Sometimes even the best prevention fails. If you do get the flu, stay home until you're well. This can help keep the flu from spreading.

If you can't afford to be sick, talk to your doctor about taking an antiviral medicine. Antiviral medicine can often shorten the severity and duration of the flu. But it works best if you start taking it within the first two days after flu symptoms start. Symptoms of flu can include fever, headache, tiredness, sore throat, dry cough, nasal congestion and body aches. (Read More: www.uhctools.com/flu_prevention)
We had a great run for the month of February. Our team competes with one another and managed to consistently pump out quality numbers this winter. The rankings and weekly stats are at the center of attention every week as we encourage each other to improve. I’m lucky to get a chance to work with them day to day and look forward to achieving our goals and breaking office records moving forward.

~Tim Faircloth, GM

**Top Tech Midwest**

Scott Smith  
Columbus, OH

“Scott is a veteran tech who has been with the company for almost 4 years. He served as manager in the Insight system in Columbus prior to the merge with Time Warner. After the merge he stepped back into the role of technician and he is always willing to help when needed. Scott is the first tech in office and last to leave the field. He is dedicated to saving the subscribers and his save rate shows every week. Scott is a valuable asset to Makotek. I can always depend on him to get the job done. Great Job Scott!!”

~Donny Bennington GM

**Top Tech East**

Joe Laughlin  
Buffalo, NY

“Joe Laughlin was the top technician in the region and the #4 ranked tech in the entire company. Joe brings a certain amount of competitiveness to the Buffalo office. He’s not only a “collecting machine”, but he also sets the bar high and motivates others to keep up. Joe was the top tech in the WNY region for the 2014 calendar year. It is great to see him receive nationwide recognition for the month of February. It is almost unbelievable because it was during the coldest February in Buffalo history. Thanks for all of your hard work.”

~ Joe Pasinski, GM

Congratulations to the winners! The rankings include all techs and are based on a combination of points, save rate, QC, and equipment recovery. The Top Tech in each of three regions receive awards. Please review the list and provide feedback to your managers in order to improve future rankings. The standard has been set and everyone can look forward to new challengers next month. Winners will receive a Polo shirt, a Daypack, an Award Certificate, and a $150 AmEx gift card.

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