

# City Of Mission's

## *Live Well, Work Well*



**December 2018**

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Flu Awareness.

## Children and the Flu

It's not always easy to tell your child has the flu. The illness comes on fast and is more intense than a cold. Kids tend to feel worse during the first 2 or 3 days they're sick.

Symptoms include:

- A high-grade fever up to 104 degrees F
- Chills and shakes with the fever
- Extreme tiredness
- Headache and body aches
- Dry, hacking cough
- Sore throat
- Vomiting and belly pain

Some parents mistake the flu for a stomach bug. That's because unlike adults, children with the flu can have nausea, stomach pain, and vomiting.

### What Causes It?

Three main types of influenza viruses can give you the flu. Types A and B cause the yearly outbreaks. Type C leads to mild, random cases.

### How Does It Spread?

The flu is highly contagious, particularly when kids share close quarters like they do in school classrooms. It spreads when they inhale droplets that are coughed up or sneezed by an infected person, or when they come in direct contact with mucus or spit from someone who has the flu.

Kids can spread the flu a day before their symptoms start, and 5-7 days after they get sick. It can easily move from kid to kid as they share things like pencils, toys, computers, remotes, spoons, and forks. Hand-to-hand contact is another main method.

### How Do You Avoid the Flu?

The best way is to get a yearly vaccination. The CDC says all people 6 months and older should get one.

Pregnant women and caregivers of children younger than 6 months or of children with certain health conditions should get the vaccine.

### Can the Flu Lead to Other Problems?

Yes. Those can include a sinus infection, ear infection, or pneumonia. Call the doctor if your child's fever lasts more than 3 to 4 days. Also call if she complains of trouble breathing, ear pain, a stuffy nose or head, a cough that won't go away, or she seems to be getting worse.

Young children under age 2 -- even healthy children -- are more likely than older children to be hospitalized from the complications of the flu.

Source: WebMD

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# Who Should Get the Flu Vaccine?

The Centers for Disease Control and Prevention (CDC) recommends a flu vaccine for everyone 6 months of age and older.

But it's especially important for those who are at greater risk of developing health problems from the flu, including:

- All kids 6 months through 4 years old (babies younger than 6 months are also considered high risk, but they cannot receive the flu vaccine).
- Anyone 65 years and older.
- All women who are pregnant, are considering pregnancy, have recently given birth, or are breastfeeding during flu season.
- Anyone whose immune system is weakened from medications or illnesses (like HIV infection)
- Residents of long-term care facilities, such as nursing homes.
- Anyone (adults, teens, and kids) with a chronic medical condition, such as asthma
- Kids or teens who take aspirin regularly and are at risk for developing Reye syndrome if they get the flu.
- Caregivers or household contacts of anyone in a high-risk group (like children younger than 5 years old, especially those younger than 6 months, and those with high-risk conditions).

Source: WebMD

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## Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

### 4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

- Handwashing: Clean Hands Save Lives –

Tips on hand washing and using alcohol-based hand sanitizers

- It's a SNAP Toolkit: Handwashing

Hand washing resources from the It's A SNAP program, aimed at preventing school absenteeism by promoting clean hands. From the School Network for Absenteeism Prevention, a collaborative project of the CDC, the U.S. Department of Health and Human Services and the American Cleaning Institute.

### 5. 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.

### 6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Centers for Disease Control and Prevention



# Winter Means Flu Season

If you've had the flu, you know how miserable it can be. Fever, cough, sore throat, runny or stuffy nose and aching muscles are some of the symptoms.

It's important to take the flu seriously. Flu viruses spread easily, mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

How can you keep from getting it? The first and most important step in preventing flu is to get a flu vaccination each year. It's also important to take actions that help slow the spread of germs:

- Stay away from people who are sick.
- Cover your face with a tissue or the crook of your arm when you cough or sneeze.
- Wash your hands throughout the day.

The flu pays a visit every winter. A few precautions can help keep it at bay.

The flu can result in hospitalization or death. Older people, young children and people with health problems are at highest risk to get really sick. The best way to keep from getting the flu is to get vaccinated each year.

Source: Centers for Disease Control

## Puzzle



### NEW WAYS TO FIGHT FLU

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 M S D S A E L U N G F A O J E X R V U Q  
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 V G G I A I D Q C N R B P B O X B Z S V  
 X K S S S M R T Q E H M I J Z K G T F W  
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 J U M P I N G S C C G E L D N U Y L C V  
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 D Z Q W B P J A Z N E U L F N I G I T Q  
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 W V X X F P N T N B A B A V N J V B C H  
 N Q X O Z A Y T F T X Q O O M O M S N Q  
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|----------|-----------|----------|------------|
| ANTIBODY | HITCHHIKE | MODEL    | VACCINE    |
| ATTACK   | HOSPITAL  | MUTATION | VIROLOGIST |
| BIRD FLU | HOST      | PANDEMIC | VIRUS      |
| DISEASE  | IMMUNITY  | PHYSICS  | ZIPPER     |
| ERROR    | INFECTED  | PROTEIN  |            |
| EVOLVE   | INFLUENZA | RAINCOAT |            |
| FENCE    | INVADE    | RESIST   |            |
| GARBAGE  | JUMPING   | STRAIN   |            |
| GENETIC  | MAMMALS   | STRAND   |            |

## Let's Get Moving!

### Move Of the Month:

### 30 DAY *clean-ish* EATING CHALLENGE

1 clean your fridge	2 set your intentions	3 plan your meals	4 add more color	5 make a snack game plan	6 nix OG junk food	7 <small>ISH DAY!</small> enjoy a latte
8 remember to cook	9 satisfy crunchy cravings	10 <small>ISH DAY!</small> make pizza for dinner	11 grab a clean protein bar	12 eat like a vegetarian	13 make a better breakfast	14 bust out the slow cooker
15 try new leafy greens	16 always choose whole grains	17 go ahead, have wine	18 no processed cheese food	19 try new fruits	20 balance your plate	21 <small>ISH DAY!</small> add a little sweetness
22 simplify breakfast	23 have pasta, it's ok	24 frozen veggies are your friend	25 mix up your protein	26 check your condiments	27 use fresh herbs	28 DIY your fave takeout
29 <small>ISH DAY!</small> make single-serve dessert	30 skip low-fat/"diet" food	SHAPE x truvia <small>WATER-SOLUBLE SWEETENER</small> #ShapeClean30				

# Don't Get Caught Without a Flu Shot

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether.

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggests a yearly dose for those who:

- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a chronic health condition, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child-care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma

Ask your doctor about a flu shot and get up-to-date information on immunizations and treatment.

Source: Mayo Foundation for Medical Education and Research; Centers for Disease Control and Prevention

## 7 Effective Ways to Fight the Flu This Season

No one wants to get the flu. With symptoms like fever, nausea, vomiting, chills, and body aches, the Influenza virus can make for a decidedly miserable experience with possibly deadly consequences: The Centers for Disease Control and Prevention (CDC) reports that the flu has contributed to more than 3,000 deaths every year in the United States since 1976. Fortunately, there are a few things you can do to stay healthy this year.

### 1. Wash Your Hands

Think of all the things your hands touch over the course of the day: A grocery cart, the handle on the door, that \$10 bill in your wallet. It's important to wash your hands regularly to prevent the spread of disease. If you are unable to use soap and water, use an alcohol-based hand sanitizer. Proper handwashing is one of the best things you can do to protect yourself and others from illness.

### 2. Rest up, Eat Healthy

A good night's rest can allow your body to build up its natural defenses against disease. And your body is fueled by the food that you eat, so quality nutrition can help you fight off the flu virus.

### 3. Sick? Stay Home!

Your body is telling you to stay home in bed, so why not listen? Staying home and resting is preferable to struggling through the daily routine, as it helps you recover and prevents the spread of the disease to your coworkers and their families.

### 4. Cover up Coughs and Sneezes

The flu is a droplet-borne illness, so those coughs and sneezes spread diseases. Cough into a sleeve, elbow, or tissue that you throw away immediately, rather than into your hands.

### 5. Clean Frequently Touched Surfaces

Sanitizing surfaces like doorknobs, desktops, keyboards, and other often-touched items can prevent them from becoming vectors of disease.

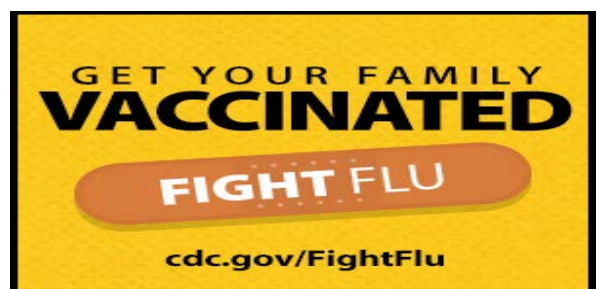
### 6. Take Your Antiviral Meds

If your doctor has determined that you could benefit from these medications, take them as directed. They can both shorten the duration of your illness and prevent serious complications from the flu.

### 7. Get a Seasonal Flu Shot

A flu shot can offer excellent protection from illness. It's the best way to avoid or minimize the severity of the flu.

Source: UPMC Health Beat



# Healthy Recipe

## Kale, Butternut Squash and Pomegranate Salad

This colorful, nutrient-rich salad is savory but slightly sweet and is one of my favorite additions to a Thanksgiving meal. The crunch from the walnuts and pomegranates provides a nice contrast to the soft roasted butternut squash, and the flavors are all brought together with a bright lemon maple vinaigrette. Even if you are a lover of traditional Thanksgiving dishes (I am too), you can still enjoy all the classics while adding this vegetable-forward, lighter addition to the spread.

**Makes 8 Serving**

**Per Serving:** 200 calories, 11g total fat (1.5 g saturated fat), 23 g carbohydrate, 5g protein, 4g dietary fiber and 105 mg sodium.

## Ingredients:

- 1 large butternut squash (about 3 pounds), peeled cut into 3/4" cubes
- 1/4 cup olive oil, divided
- 5 cloves garlic
- 1/2 tsp turmeric
- 1/4 tsp salt
- Freshly ground black pepper
- 1/2 cup chopped walnuts (can also sub pumpkin seeds or sliced almonds)
- 2 large bunches (about 2 lbs total) lacinato (Tuscan) kale, stemmed and thinly sliced
- 1/4 cup fresh lemon juice (from 1 large lemon), divided
- Sea salt
- 1 Tbsp apple cider vinegar
- 1 tsp pure maple syrup
- 1 Tbsp Dijon mustard
- 1 shallot, finely chopped
- 1 cup pomegranate seeds (from 1 large pomegranate)

## Directions:

1. Preheat oven to 400°F. Place cubed butternut squash on baking sheet, drizzle 1 teaspoon olive oil over the top. Add whole garlic cloves, turmeric, and salt and pepper. Toss to evenly coat the butternut squash with oil and spices. Spread butternut cubes evenly around pan and roast for 30-40 minutes until squash is fork tender.
2. While the squash is roasting, heat 1 tsp olive oil in a small skillet over medium-high heat. Add walnuts and cook, stirring occasionally, until they are just golden brown, 2-3 minutes. Set aside.
3. Prepare the kale by slicing it into thin strips. Add the 2 tablespoons lemon juice and a pinch of sea salt and massage into kale to wilt. Set aside.  
*Note: if you are prepping the day ahead, only add the lemon and massage the kale the day it's served.*
4. When the squash and garlic are done roasting, remove the garlic pieces and add them to a medium bowl or food processor. Add the remaining olive oil, lemon juice, apple cider vinegar, maple syrup, Dijon mustard, and shallot; whisk or pulse until smooth..
5. In a large mixing bowl, combine kale with about 3/4 of the dressing, and toss until kale is lightly coated. Add more dressing to taste, and reserve any leftover for another use.
6. Add roasted squash and pomegranate seeds to the kale; toss to combine. Transfer to a serving bowl, and top with toasted walnuts.

## Upcoming Events:

**Pre-Retirement Seminar**  
**Thursday, December 6, 2018**  
**9:00 a.m. to 12:00 p.m.**



## Last Month's Events

Employee Appreciation Luncheon

