

Road to **WELL**fluent™

Embrace better health.

How to Prevent the Flu?

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Flu vaccines help to reduce the burden of flu illnesses, hospitalizations, and deaths on the health care system each year.

This season, all flu vaccines will be designed to protect against the four flu viruses that research indicates will be most common.

Preventive Steps

- Everyone 6 months and older should get an annual flu vaccine, ideally by the end of October.
- Vaccination of people at higher risk of developing serious flu complications is especially important to decrease their risk of severe flu illness.
- People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for people at higher risk to keep from spreading flu to them. This is especially true for people who work in long-term care facilities, which are home to many of the people most vulnerable to flu.
- Children younger than 6 months are at higher risk of serious flu illness but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs

- Take everyday preventive actions that are recommended to reduce the spread of flu.
- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different. Learn about some of the similarities and differences between flu and COVID-19.

For now, you and your loved ones will need a separate COVID-19 vaccine to protect against COVID-19. These can be given during the same visit. Both vaccines are available at no cost to AvMed Members and are available at participating pharmacies. Source: <https://www.cdc.gov/flu/prevent/prevention.htm>

Did you lose your voice? DON'T do these five things

What happens when you lose your voice? Your grandmother's remedies don't really work. I learned from experts that rest and hydration are the best way to recover your speaking voice before a presentation, speech, or media interview.

Even a simple cold virus can lead to voice loss because the vocal folds, also known as vocal cords, can take a beating. Healthy vocal folds, located just above the windpipe, need to be lubricated and pliable to produce the best natural sounds. Irritation and inflammation from illness or overuse can stiffen the delicate tissues.

More than 10 parts of your body are required for you to make a single sound. These include the larynx or voice box, diaphragm, lungs, chest and back muscles, throat, mouth, teeth, tongue, and nasal cavity. That's why irritation—from overexertion, a cold, flu, smoke, or seasonal allergies—changes the way you sound.

Myth #1: Drink warm tea with lemon and honey.

There's nothing wrong with honey, except that it can create more mucous if you're already congested. But tea and lemon are both acidic and can irritate the vocal cords and trigger acid reflux, which makes the irritation much worse. Apple cider vinegar, often recommended as a gargle, is another acid producer to avoid.

Myth #2: Gargle with salt and warm water.

Gargled substances, mouthwash included, don't get into the larynx, or touch the vocal folds otherwise you would choke.

Myth #3: Use throat sprays and lozenges.

Chloraseptic sore throat spray, Entertainer's Secret, Vocal-Eze, and lozenges like Ricola may feel soothing, but they never travel deep enough to touch the vocal folds to have any beneficial effect.

Myth #4: Whisper and speak softly.

One of the worst things you can do for your damaged voice is to whisper. The second worst thing is to clear your throat. Forcing sounds when the vocal folds are inflamed is not recommended for fast healing because it smacks them together with more force than they normally receive.

Myth #5: Have a hot toddy.

A classic hot toddy, made with tea, honey, lemon juice, and a little whiskey, brandy, or rum, is said to relieve the symptoms of a cold or flu. It may help you forget that you've lost your voice but do little

to reach the inflamed area of your larynx and vocal folds. Besides, alcohol dehydrates you. And when you're struggling to speak, what you need most is moisture. For hydration, water is the answer.

What can you do to heal your vocal folds and recover your normal speaking voice?

There are two proven remedies: **lubricate and rest.**

Moisture is good for the voice, so drink lots of water. Hydration keeps the vocal folds at the correct fullness so they can vibrate well without the hoarseness.

Resting the vocal folds and throat by keeping silent is one of the best ways to promote healing.

So, remember that regaining a lost voice from illness or strain is simply a matter of time and rest. And lots of hydration. Avoid foolish practices and home remedies. Your body will heal itself naturally.

Source: https://rosemaryravin.com/lost-your-voice-dont-do-these-5-things/?utm_source=RMR+Communications+Consulting+LLC&utm_campaign=058701ac6c-EMAIL_CAMPAIGN_2021_07_26&utm_medium=email&utm_term=0_ffdf858d16-058701ac6c-500972102&mc_cid=058701ac6c&mc_eid=608687bb8c#email



September is Baby Safety Month



Parents and caregivers have many responsibilities but keeping baby safe and healthy is a number one priority! Whether you are expecting your first baby, adding to your growing family, or are a grandparent, now is an ideal time to put into action some simple steps to keep baby safe. Follow the link below to ensure you are creating a safe space for your baby to grow, learn and play at Source: <https://www.cdc.gov/nceh/features/extremeheat/index.html>

FUN FACT:
Baby Safety Month is held in September because it's the 9th month of the year!

AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's nondiscrimination policies: AvMed's Regulatory Correspondence Coordinator, P.O. Box 569008, Miami, FL 33256, by phone 1-800-882-8633 (TTY 711), or by email to Regulatory.Correspondence@AvMed.org.

Fantastic Fitness Deal!

🔑 11,600+ Gyms

▶ 7,600+ On-Demand Videos

Standard Membership: \$25/mo. (+ applicable taxes)

**Save \$25! Waived Enrollment Fee Promo
EXTENDED THROUGH SEPTEMBER**

There are **NO** other fees and **NO** long-term contracts

Plus:

 Membership options for your spouse¹

 **Premium Membership Options²** also available at exercise studios, outdoor programs, and others with 20%–70% discounts at most locations



Use promo code **SUMMERSAVINGS** before September 30 to waive the \$25 enrollment fee.³

Get Started: Log in to your Member Portal at AvMed.org/login and click "Health & Wellness"

11,600+ standard gyms including:



5,000+ premium studios including:

