

Intentional Wellness and Prevention

Healthy = Heal+thy self!



An Ounce of PREVENTION

KEEP YOUR IMMUNE SYSTEM STRONG:

- 1. GOOD HANDWASHING
- 2. GOOD NUTRITION (eat the rainbow)
- 3. GOOD HYDRATION (drink water)
- 4. ADEQUATE SLEEP (8 hours)
- 5. DAILY MULTI-VITAMIN
- 6. GET REGULAR EXERCISE (move more)
- 7. GET YOUR FLU SHOT (every year)



BASIC SELF CARE

Be Healthy = Heal thy Self

CARE OF CUTS AND SCRAPES

- Clean **all** wounds with soap and water
- Dry with a clean cloth
- *May* use an antibiotic ointment
- Cover with a band aid
- Keep wounds clean and dry

NOTE: Keep covered until scab has formed



Infection Signs and Symptoms

- **Redness** (pink is OK)
- **Warm** to touch
- **Firm** to touch
- **Green drainage**
- **Not healing**
- **Wound growing larger** in size



Discuss MRSA infection difference

ANTIBIOTICS Use and Misuse

- Special kind of medication used to treat a **bacterial** infection
- Requires the **entire bottle** to *kill* the bacteria
- Must continue to take, even when symptoms are gone or you are feeling better
- Can cause resistance to that particular bacteria if not taken correctly or partially
- Does not work for illness caused by a virus



Proper HANDWASHING



- Scrub for at least 20 seconds (say ABCs)
- Rinse, allow water to run down fingers
- Dry hands well with paper towel
- Do not dry hands on germy clothes
- Use paper towel to turn off the water
- Navigate the door handle keeping hands clean
(Use towel or hip to open door)



Proper HANDWASHING



Water + Soap + Friction = bye-bye germs!

- Use **enough soap** to make a lather
- Rub palms vigorously:
- Getting between fingers
- Backs of hands
- Around thumbs
- Under fingernails



Stopping the Spread of Germs!

Routes of infection:

- Eyes -face
- Nose -face
- Mouth -face
- Open skin anywhere (any cut or scrape)



Common Routes of Transmission

#1 Hand to mouth

- Chewing fingernails (STOP THAT!)
- Picking at teeth
- Eating or snacking with unclean hands
- Not washing good enough, if at all, after bathroom use
- Touching common surfaces that are unclean and then touching eyes, nose, mouth or open skin area.



Routes of Transmission

#2 Using common objects of infected persons

- Combs/Brushes
- Scarfs/Coats
- Towels/Washcloths
- Pillowcases and Bed Linens
- Eating or Drinking after someone
- Sharing Make-Up or Razors



Routes of Transmission

#3 Close proximity to infected persons

- Being coughed or sneezed on
- Touching secretions or wet tissues
- Hand to mouth contamination after touching common objects
- Direct air droplet contamination (germs breathed in)



Prevention-Personal Protection

- Keep your hands out of your mouth!
- Keep your face off of common hard surfaces
- No hands on face (Promotes acne too!)
- Practice universal precautions and treat all object like they are infected
- Wash or sanitize hands regularly!
- Use soap and water when hands are visibly dirty



Prevention-Personal Protection

- Turn off the water faucet with a paper towel
- Don't share common items
- Cover your cough by coughing into your sleeve (where germs are trapped and die)
- Dispose of tissues properly /wash hands afterward
- Maintain an arms length distance from people *known* to be ill



Common Surface Offenders

- Door knobs or handles
- Water faucets
- Light switches
- Keyboards
- Phones
- Desks
- Chair backs
- Pencils/pens/rulers/calculators etc.



What Could Live On That Surface?

- Cold and flu germs
- Blood born pathogens
- E-Coli Bacteria (From bathroom)
- Skin mucous
- Possible staph or strep bacteria
- Possible contagious conditions



COLD Symptoms

- Stuffy nose and Sneezing
- Sore throat
- Chest discomfort (congestion)
- Mild to moderate hacking cough
- Possible sinus congestion or earache
- Aches and pains
- Mild fatigue –tiredness

You feel “bad” but are **still able to** function



FLU Symptoms

- High fever
- Prominent Headache
- Severe muscle aches
- Extreme weakness
- Exhaustion (Marked change in behavior)
- Loss of appetite
- Possible: coughing, sneezing, stuffy nose and sore throat



You feel “Beyond Bad” No doubt about it!

What To Do?



If you have a **COLD**:

- Practice good hygiene
- Cough into your sleeve
- Wash you hands regularly
- Dispose of tissues properly
- Don't share common items
- Drink lots of water and eat nutritious foods



What About The FLU?

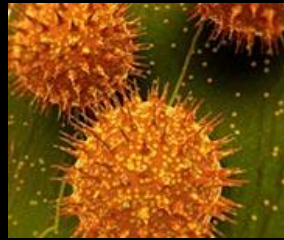


- If you have the flu and feel that bad,
- **STAY HOME!** (You will want too)
- Drink lots of water
- Eat small amounts of *nutritious* food regularly
- **REST, REST, REST**
- Keep others at arms length



Antibiotics will not help this. If you go to the doctor within 48 hours of symptoms you might get an antiviral medication to shorten your sick time.

Allergies

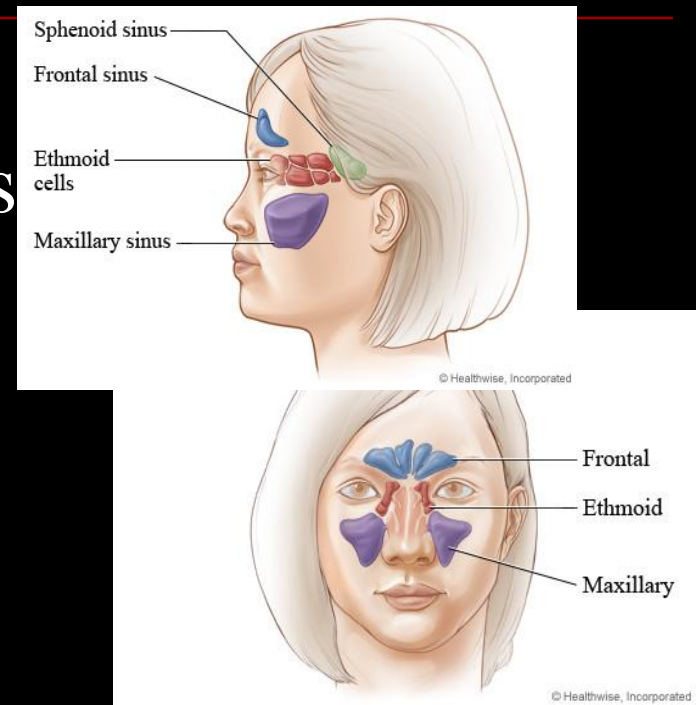


- Sneezing and Runny/Stuffy nose
- Itchy and Watery eyes
- Sore throat from post nasal drip
- Upset stomach from drainage
- Usually No fever, No cough
- Often lasts past two weeks



Sinus Infection (Bacterial)

- Headache
- Fatigue and facial heaviness
- Eye pressure
- Stuffy nose
- Low grade fever
- Green mucus
- Lasts one to two weeks



Go to the Doctor! This kind of infection requires **antibiotics** to kill the bacteria.

Comfort Measures

- Stay in bed and REST
- Drink extra fluids water/“CHICKEN SOUP”
- May use **ANTIHISTIMINES** for sinus pressure and congestion
- May use **TYLENOL/IBUPROFEN** for pain or discomfort and to reduce fever.
- *IF FEVER > THAN 100 and is not brought down with medication, you may need to take a *tepid* bath



Is it Broken?

If it is not an *obvious* deformity, an x-ray would be needed to confirm.

WHAT TO LOOK FOR:

- Swelling
- Bruising
- Obvious deformity or displacement
- Circulation to area
- Color and skin integrity
- Is further evaluation needed?



Health Promotion

- **EXERCISE**- Create a lifestyle that keeps you moving
- Set limits on screen-time
- Create a plan that ensures you will move each day. (After work, with a buddy, at a set time- etc.
- Choose activities you already enjoy
- Be accountable for your exercise time



DIET and DIETS-

Learn a style of eating that treats food like fuel
and avoid any plan based on restriction

- Have a plan
- Monitor portions
- Know your calories
- Eat with intention!



PREVENTION

Get annual screenings for:

- Physical-annual health check up
- Routine Blood Work
- Vision Check
- Dental Care
- Age appropriate Screenings



Build HEALTHY HABITS

- Remember— lifelong habits are created now!
- Live intentionally and with purpose
- What you do today will become your tomorrow.



Take Control



- **TAKE RESPONSIBILITY FOR YOURSELF!**
- You are the only person you have control over
- Don't blame others for your problems
- You can't change others, so focus on your own attitude toward people and issues
- Doing that can make you happier and healthier