



# Tips for Flu Prevention



## Immune-boosting foods:

- Fish (salmon, anchovies, sardines)
- Yogurt
- Broccoli
- Beans
- Mushrooms
- Nuts and seeds (almonds, brazil nuts, peanuts, sunflower seeds)
- Leafy greens
- Garlic
- Sweet potatoes
- Citrus fruits
- Strawberries

## It's Flu Season—Protect Yourself from Getting Sick

Every year between 9 million to 49 million Americans gets sick with the flu which can cause mild to severe illness and can result in hospitalization or sometimes even death. Now with the COVID-19 pandemic still around, it may be more of a challenge to differentiate the two viruses since they have similar symptoms. With the flu season occurring around fall and winter, it is important for high-risk individuals to take extra steps to protect themselves from getting sick with the flu.

### High-risk individuals are referred to as:

- Older adults 65 years or older
- Those with chronic medical conditions
- Pregnant women
- Children under 5 years old



### Flu symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness or fatigue

### Tips for flu prevention:

- Get your flu shot
- Wash hands regularly
- Avoid close contact
- Avoid touching eyes, nose, mouth
- Stay home if you are sick
- Cover cough and sneezes

### Sources:

- <https://www.cdc.gov/flu/>
- <https://www.health.harvard.edu/staying-healthy/covid-19-and-flu-season-what-to-expect>
- <https://health.clevelandclinic.org/eat-not-fight-colds-flu/>

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Another way to help protect yourself from the flu is by eating foods that help boost your immune system. Foods that are high in antioxidants such as nuts and seeds can help fight infections, while foods that help decrease inflammation like fish and yogurt can help fight chronic diseases. There are other foods that can help boost immunity such as those with Vitamin C which can be found in citrus fruits and leafy greens.