

6 Ways to Fight the Flu

(Family Features)

As temperatures drop, the spread of cold and flu germs rises. Start the year off healthy and be sure to rid your home of lingering germs that may be hiding in places you don't expect.

"I always recommend the flu shot - especially when officials are predicting a harsh flu season like this year - good nutrition and plenty of sleep, but there are other healthy habits we can all develop to help keep ourselves and those around us stay healthy during cold and flu season," said Dr. Tanya Altmann, pediatrician, best-selling author and founder of Calabasas Pediatrics. "Vaccination is important, but there are other preventative measures that we should all keep in mind."

These tips from the experts at Clorox can help you prevent the spread of germs:

1. **Get Vaccinated.** Even though it's well into cold and flu season, it's still important to get a flu shot if you haven't already. Vaccination is the first step in flu prevention. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics recommend a yearly flu virus vaccination - even if the vaccine's efficacy fluctuates - for almost everyone 6 months and older.
2. **Keep Hands Washed:** Hands touch so many things throughout the day. It's important to wash your hands often, including after using the bathroom and before preparing or serving food. Germs can spread by touching your eyes, nose or mouth after coming in contact with a contaminated surface. Those areas are common entry points to the body for germs, so try not to touch your face or eat until you wash your hands.
3. **Stay Home if You're Sick:** Even though you may not want to miss work or school, it's important to stay home to prevent the spread of illnesses to those around you. Even at home, make sure to cough or sneeze into your elbow or a tissue to prevent the spread of germs to your loved ones. Lastly, try your best to make good use of your time off from work or school to rest, relax, eat well and recover from illnesses.
4. **Follow Health Guidelines:** It's important to eat right (fill up with fresh fruit and veggies, vitamin D and probiotics), get some exercise (at least 30 minutes a day of moderate intensity) and get plenty of sleep (at least 8 hours per night) to help boost your body's ability to fight the effects of cold and flu viruses.



5. **Be Aware of Your Environment:** Be aware of illnesses going around in your community to take extra precautions to avoid them or to know when to seek medical attention if you do get sick.

6. **Disinfect Hard Surfaces:** Disinfection is a key step to help prevent the spread of cold and flu germs. The CDC recommends disinfecting frequently touched, hard surfaces, such as doorknobs, refrigerator handles, light switches and faucets, with an EPA-registered disinfectant like Clorox Disinfecting Wipes. They help kill 99.9 percent of germs that can live for up to 48 hours on hard, non-porous surfaces.

Learn more about flu prevention at Clorox.com/FluFOMO.

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Source: Clorox

Assistive Technology Tools to improve the everyday

(Family Features)

Most Americans want to stay in their homes as they age. Not a bad plan, but what if your home doesn't fit you as well as it once did?

Often, aging can be accompanied by a change in your ability to manage and move around in your home. That's where assistive technology - better known as AT - comes in. No matter your age or what type of disability you may have, chances are there is an AT device out there that can help you with everyday tasks.

AT isn't a new concept. In fact, most people have probably used an assistive device without realizing it. Smartphones, voice command technology and certain types of software all fall under the AT umbrella. AT also includes plenty of low-tech devices, like adapted pencil grips for students with disabilities.

There's an ever-growing variety of AT tools available to help with household chores, work functions, getting around, seeing, hearing, learning and living independently in general. These devices and technologies are designed to help older adults and people with disabilities, but you may find that these tools can make life easier for anyone.

Examples of AT devices and tools include:

- * Hearing aids
- * Vehicle modifications, such as hand controls or wheelchair lifts
- * Devices that help with bathing and eating
- * Software modifications for those with hearing and visual challenges
- * Equipment, such as grab bars in a shower, to help prevent falls
- * Eye glasses and magnification devices to help individuals with low vision
- * Communication devices for individuals with speech disabilities
- * Wheelchairs, walkers and other mobility devices

The right AT for you

At first, trying to find the right AT tools and solutions can feel overwhelming. The network of State Assistive Technology Act Programs is a good place to start. Your state AT Act program can provide information and support to help you identify and acquire AT that meets your needs.

These programs offer:

- * Device demonstration and short-term loan programs that allow you to try out equipment before purchasing
- * Reuse programs that provide gently used devices at substantial savings
- * Financing options, such as cash loan programs, that can help you get the AT devices you need

You can find the AT Act Program in your state or territory at acl.gov/AT. You'll also find additional information on state AT programs, data about the network of state AT programs and additional resources to help you find and obtain AT that fits your needs.

With more research and awareness around the importance of AT, the future possibilities for living independently in the place of your choosing are almost limitless.



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Source: Administration for Community Living