



Public Health Brief

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How to Stay Healthy During Holiday Travel

[Are you heading home this holiday season?](#)

The holidays are a great time of year to visit family and friends. Much like yourself, millions of people across the globe will take flights to visit loved ones and spread holiday cheer. Unfortunately, these activities can also increase the spread of germs that cause illness. Be sure to cover your mouth and wash your hands.

Staying healthy this holiday also means dressing warm and staying dry, because cold temperatures can cause serious health problems.

In addition, the holidays can be stressful and take a toll on your mental health. You can manage your stress by maintaining a healthy work-life balance and also keeping commitments and holiday spending in check.

This season, whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive.

Click to learn more simple steps you can take to improve your chances of staying healthy while on-the-go this season:

[Learn More Here](#)



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

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District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

Seasonal Flu Prevention Tips

[The holidays are a time to spread cheer not germs.](#)

In the United States, flu viruses are most common during the fall and winter months. Getting a flu vaccine is the most important step you can take to protect yourself from flu viruses and their potentially serious complications. If you haven't received a flu vaccine yet this season, it's not too late! CDC expects the number of flu cases to grow in the coming weeks, including over the holidays when many people travel and visit with family and friends. After you get vaccinated, your body will take about 2 weeks to develop antibodies that protect against flu. So, the sooner you get vaccinated, the more likely you are to be protected when flu becomes more active in your community.

[Click here](#) to find out more about preventive action steps you can take against the flu.

[What is the current flu situation around the country?](#)

Influenza activity in the U.S. remains low, although small increases in activity were reported, according to reports for the week ending Nov. 17. Influenza A(H1N1), influenza A(H3N2), and influenza B viruses continue to co-circulate, with influenza A(H1N1) viruses reported most commonly by public health laboratories since Sept. 30. Three states (Georgia, Louisiana and Oklahoma) experienced moderate flu activity. Regarding geographic coverage, no state reported "widespread" activity, but one state (Kentucky) reported "regional" activity. So far, there have been three pediatric deaths.

[So, since there is not a lot of activity yet, should I avoid getting a flu shot?](#)

On the contrary, if you have not done so already, NOW is a good time. It takes 2 weeks to take effect, so you still have time before getting together with your family over the Christmas holidays. Influenza activity usually peaks in late January or mid-February, so it is not surprising that there is only low activity so far. But like the snow, it is coming!!

[Vaccines are especially important for people with diabetes](#)

While there is no cure yet for diabetes, there are steps you can take to stay healthy. You may know about diet, exercise and the like, but you may be missing an important step: immunization. Because diabetes can make it harder for the immune system to fight some infections, those with diabetes are at higher risk of serious problems from the flu. So, pay attention, and take action.

GET VACCINATED!



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