

HEALTHY HABITS

OCTOBER 2017, SPOOKY EDITION



Fall Into Health

Fall is upon us and as we prepare for the cooler weather it is a good idea to find activities to continue to keep active. While you continue to enjoy the great outdoors remember to still apply sunscreen as the Fall sun can still pack a punch with the UV rays. Here are some activities to enjoy the changing season.

- Going apple picking
- Get lost in a corn maze
- Go for a drive in the country taking in the beautiful colors
- Go for a hike
- Go for a hayride
- Collect colorful fall leaves
- Have a bon fire and roast marshmallows

Fall Harvest Recipe - Pumpkin Chowder

INGREDIENTS

¼ tsp. crushed red pepper	3 tbsp. extra-virgin olive oil
2 bay leaves	2 leeks
¼ tsp. salt	3 large Garlic cloves
¼ tsp. ground black pepper	2 medium bell peppers
1¼ c. frozen corn	2¼ lb. pumpkin
6 c. vegetable broth	1½ tsp. chopped fresh marjoram



DIRECTIONS

Heat olive oil in a large pot or Dutch oven over medium heat. Add leeks and cook until very soft, about 5 minutes. Add garlic and cook for about 2 minutes. Stir in green peppers, reduce heat to medium-low, and cook until peppers soften, about 8 more minutes. Add the remaining ingredients and cook until pumpkin is tender, about 30 minutes.

Enjoy your homemade pumpkin chowder!



WANT MORE INFORMATION? LEARN MORE AT FMCHEALTH.ORG



**First Medical
Occupational Health**
an affiliate of Fairfield Medical Center

**CLINIC HOURS:
MONDAY, WEDNESDAY & FRIDAY
9 A.M. – 5 P.M.
1199 RIVER VALLEY BLVD
LANCASTER, OH 43130**



Cold & Flu Season

As the weather changes cold and flu season begin to make an appearance. Remember to use good hand hygiene, do not share glasses or eating utensils. Often germs live in the nose and take up residence in the dry mucous membranes. As the furnaces and fireplaces run in our homes it dries the air out lowering the humidity levels creating the perfect environment for virus's to invade. Using a cool mist humidifier in your bedroom at night will help keep nasal secretions thin and on the move. Remember to get your flu shot if you haven't received it yet! Getting the flu shot can prevent or reduce the severity of symptoms if you do contract the flu virus.

A common misconception with the flu vaccine is that you can get the flu from the vaccine. Keep in mind that the flu vaccine takes about two weeks to become effective in the body, during that time if you are exposed to the flu you make become symptomatic. The flu vaccine is not a live virus therefore you cannot get the flu from the flu shot. The flu vaccine is recommended for everyone age six months and older.

When to Go to the Clinic for Treatment

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms are more intense with high fevers that can be difficult to control. If you think you have the flu it is important to be seen in the first 3 days of symptoms to be considered for the flu medication that can be prescribed.

Colds are usually milder than the flu and accompanied by a runny or stuffy noses and do not cause fevers. Colds last anywhere from 7-10 days and there is no medication to cure it as symptom management is the best course of action. If your symptoms last longer than 7-10 days then it is time to come to the clinic for an evaluation as it likely is not viral and an antibiotic may be needed.

Make a Day Trip & Visit a Fall Festival

Atwood Fall Festival	Mineral City, OH	6-8
Huntsburg Pumpkin Festival	Huntsburg, OH	7-8
MacQueen Orchards Apple Butter Stir & Crafts Festival	Holland, OH	7-8
Applebutter Fest	Grand Rapids, OH	8
Fairfield County Fair	Lancaster, OH	8-14
Oak Harbor Apple Festival	Oak Harbor, OH	14-15
Circleville Pumpkin Show	Circleville, OH	18-21
Apple Butter Stirrin' Festival	Coshocton, OH	20-22
Ohio Smoked Meat and Barbecue Festival	Nelsonville, OH	20-21
The Haunted Village	Pickerington, OH	30

City of Lancaster Trick or Treat Thursday
October 26, 2017 6:00pm – 7:30pm