

HEALTHY HABITS

September 2017

Don't Forget Your Flu Shot

It is flu shot time. Everyone over 6 months is recommended by the Centers for Disease Control to get a flu shot. Influenza (flu) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get the flu. Flu strikes suddenly and can last several days. Each year, thousands of people in the United States die from the flu, and many more are hospitalized.

Flu vaccine can:

- keep you from getting the flu,
- make the flu less severe if you do get it, and
- keep you from spreading the flu to your family and other people.

After you receive the vaccine it takes a couple weeks for it to become effective in the body. If you have flu-like symptoms after receiving the shot, then likely you were exposed before you had the shot. The flu vaccine is not a live virus, therefore, you cannot get the flu from the flu shot.

Prevent the Spread of the Flu



Contact the Fairfield County Employee Health and Wellness Clinic today, at 740-689-4404 to schedule your flu shot.

Healthy Inspiration
The greatest wealth is health.

Did You Know
Only 10% of the world's population is left-handed.

COLD



LOSS OF APPETITE



SORE THROAT



SNEEZING



COUGH



VOMITING

FLU



MUSCLE PAIN



HIGH FEVER



HEADACHE



FATIGUE



CHILLS

WANT MORE INFORMATION? LEARN MORE AT FMCEALTH.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



Fall Harvest & Canning Preparation

Fall harvest time is upon us and the bounty is tremendous for those who have planted their own gardens. Canning, drying and freezing is a great way to preserve the wonderful fruits of our labor for the quickly approaching winter months. If you have the freezer space it is much easier and faster to freeze rather than can, but both are equally rewarding. Canning may present a serious health risk if not done properly, particularly low acid foods. To minimize the risk of food spoilage, all high acid foods should be processed in a water bath canner or pressure canner and all low acid foods in a pressure canner. Make sure to do your homework and research current methods for the food you are preserving. It is important to remember foodborne illnesses can occur if the canning process is not done properly which can be deadly. Please follow the canning guidelines for sterilizing jars and lids, proper head space and preparation of the items you are preserving.

Harvest Pizza Recipe

Harvest Pizza is one way you can use a variety of different vegetables. It is delicious and will appease even the pickiest of eaters.

- 2 (8 ounce) packages refrigerated crescent rolls
- 1 cup sour cream
- 1 (8 ounce) package cream cheese, softened
- 1 teaspoon dried dill weed
- 1/4 teaspoon garlic salt
- 1 (1 ounce) package ranch dressing mix

Add any type of vegetable you desire. The following ingredients are recommended: shredded carrot, onions, tomatoes, bell pepper, celery, broccoli, cauliflower, cucumber, radishes (all finely chopped).



1. Preheat oven to 350 degrees.
2. Spray a jellyroll pan with non-stick cooking spray
3. Pat crescent roll dough into a jellyroll pan. Let stand 5 minutes. Pierce with fork.
4. Bake for 10 minutes, let cool
5. In a medium-sized mixing bowl, combine sour cream, cream cheese, dill weed, garlic salt and ranch dip mix
6. Spread this mixture on top of the cooled crust
7. Arrange the veggies on top of the creamed mixture
8. Cover and let chill. Once chilled, cut into squares and serve

Local September Festivals

Remember to continue to wear sunscreen and drink plenty of fluids as the September sun can still be very strong and temperatures can climb. Get out and enjoy the last of the nice weather by taking a day trip to a local festival.

Rubber Duck Regatt –Cincinnati–3
 Harvest Home Fair–Cincinnati–7-10
 Popcorn Festival–Marion–7-9
 Ohio Loves Bacon–Columbus–8
 Ohio River Sternwheel Festival–Marietta - 8-10
 Honeyfest–Lithopolis–8-9

Popcorn Festival–Beaver Creek–9-10
 Mohican Bluegrass Festival–Glenmont–14-16
 Backwoods Fest–Thornville–15-17
 Route 40 Festival–Hebron, OH–23
 Country Applefest–Lebanon–30