

Health & Wellness Newsletter
September 2020
Have You Scheduled Your Flu Shot?

Flu Shots are available in our area now, but it is recommended to wait. Our NE Tennessee area tends to have a late surge in our flu season. Check with your health care provider for the type and timing for your flu shot. Ballard Health is providing drive through shot clinics if you are unable to visit your doctor's office. The following is an excerpt from a recent Mayo Clinic article-

Who should get the flu vaccine?

The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including:

- Pregnant women
- Older adults
- Young children

Children between 6 months and 8 years may need two doses of the flu vaccine, given at least four weeks apart, the first time they are given a flu vaccine. After that, they can receive single annual doses of the flu vaccine. A 2017 study showed that the vaccine significantly reduces a child's risk of dying of the flu. Check with your child's doctor.

Chronic medical conditions also can increase your risk of influenza complications. Examples include:

- Asthma
- Cancer or cancer treatment
- Chronic obstructive pulmonary disease (COPD)
- Cystic fibrosis
- Diabetes
- HIV/AIDS
- Kidney or liver disease
- Obesity

Anyone with a chronic medical condition should get the flu vaccine.

Can I lower my risk of the flu without getting a flu shot?

The flu vaccine is your best defense against the flu, but there are additional steps you can take to help protect yourself from the flu and other viruses, including COVID-19. These steps include the following:

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Use an alcohol-based sanitizer on your hands if soap and water aren't available.
- Avoid touching your eyes, nose or mouth.
- Avoid crowds when the flu is spreading in your area.
- Avoid being in close contact with others who are sick.
- Cover your mouth with a tissue or your elbow when you cough or sneeze, and then wash your hands.
- Regularly clean and disinfect commonly touched surfaces, such as counters, light switches or doorknobs. This can help to prevent spread of infection from touching a surface with the virus on it and then your face.
- Practice good health habits. Get regular exercise, get enough sleep, drink plenty of fluids, eat a healthy diet, and manage your stress.
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If you become sick with the flu, you can also help prevent the spread of the flu by staying home and away from others. Continue staying home until your fever has been gone for at least 24 hours.

During the COVID-19 pandemic, both COVID-19 and the flu may be spreading at the same time. Your local health department and the CDC may suggest additional precautions to reduce your risk of COVID-19 or the flu, such as practicing social distancing and keeping 6 feet (2 meters) away from anyone outside your household.

You also may need to wear a cloth

face mask when in public, especially when it's hard to maintain distance.

Getting your flu vaccine can reduce your risk of the flu and its complications, and following these precautions can help protect you from the flu or other respiratory illnesses.

Garden Ministry

JPC garden ministry continues to provide fresh produce for the JAMA Food Pantry. Recent offerings include okra, corn, tomatoes, peppers, green beans and basil. **Special thanks to Marianne Huff** who offers us all her gardening expertise! Gardeners include Teresa Hansen, Terri Knight, Carolyn Crow, Lynda Harris, Robin Houston and Lea Florence.

As the growing season comes to an end, we would like to offer **Dental Care Kits** to the JAMA Food Pantry recipients. If you would like to donate to this cause- please consider donating unused, packaged toothbrushes, toothpaste, dental floss and non-alcohol mouth wash or financial donations. We will offer these packages to JAMA later this fall.

Worship Implementation Team

Members of the implementation team including Allen Huff, Carol Jernigan, Pauline Douglas and Larry Childress are working diligently along with the Emergency Response Team to insure that when we do resume worship inside the church building every precaution will be in place. Thank you for your patience and your prayers in supporting these folks!

Faith Community Nurse

Rest assured that Carol Jernigan, JPC Faith Community Nurse is still available for transportation to medical or health related appointments, home visits and consultation. You can reach me by phone at 788-3082 and leave a message or by email at misselaine57@yahoo.com. All correspondence and phone calls are strictly confidential.