

Fall Health Tips

Submitted by Kim Smith, Guardian Angels Catholic Church

November is a month of Thanksgiving and a great time to talk with your doctor about ways to stay healthy. Your doctor knows your health history and what preventive screenings you need. Ask your doctor if the flu shot, pneumonia, shingles vaccines, or a Covid booster is right for you. 😊



1-Eat healthy-try to eat lots of fruits and vegetables. This will help your immune system stay strong. 🍎🍊



2-Hydrate with 6-8 cups (American heart Association)-our bodies need water. Your body gets thirsty, especially when you turn the heat on in your home. Your muscles, lungs, and kidneys need good hydration to stay strong and function well. You need water to help maintain a good blood pressure. All these things help lower your fall risks!



3-Handwashing is the key to preventing the spread of 🧺 germs. Wash your hands often and use hand sanitizer when out and about. Sneeze and cough into your elbow.



4-Check those batteries in your smoke detectors.



5- You should have a fire extinguisher in your home and review how to use it.

Happy Thanksgiving from your Health Ministry Team.