

Corporate Services Employee  
Assistance Program (CSEAP)

A Helping Hand for Employees and their  
Family Members  
1-800-962-7487

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**EAP**  
**NEWSLETTER**

**COLD AND FLU PREVENTION**

With the flu season upon us, we offer the following natural strategies to help you avoid illness. These are not meant to replace, but to complement, the flu shot for those of you who get it.

**WASH** your hands thoroughly (20-30 seconds) and throughout the day with regular soap and warm water. When on-the-go, alcohol-based hand sanitizers will do. This will remove infectious germs that you may come in contact with and that live on such surfaces as doorknobs and telephones. In-between washings, it is important that you avoid touching your eyes, nose and mouth. These are passageways through which germs can enter your body.

**HUMIDIFY** the air in your living space. Dry air creates a hospitable environment for viruses. Placing water-filled containers near radiators adds moisture to the air. You may also want to invest in a humidifier.

**AVOID CIGARETTE SMOKE.** Exposure to cigarette smoke (whether or not you are the smoker) triggers a host of destructive reactions within the body that negatively impact the immune system. Smokers have a significantly higher incidence of colds, flu and other respiratory ailments than non-smokers.

**ARM YOURSELF**

Nasal spray products that contain Xylitol are said to prevent bacteria and germs from adhering to the nasal passages, through which they gain access to the body and cause illness.

Historically, Eucalyptus oil was used to treat and prevent a number of respiratory conditions. Inhaling the vapors of Eucalyptus oil may provide protection from airborne pathogens.

**STRENGTHEN YOUR IMMUNE SYSTEM**

Avoid sugar and refined foods. Sugar, and the products that contain it, interferes with your body's ability to destroy bacteria and viruses. It also depletes your body of essential nutrients, as do refined foods

Eat healthy meals, exercise moderately, get enough restful sleep, and avoid stress. Life's stressors can be particularly debilitating. Your **EAP** is here for you should you need help getting stress under control. Contact us confidentially at the number below.

**1-800-962-7487**

**Pat Hollenbeck**  
**EAP Contract Manager**  
**Certified Health Coach**