



Protect Your Heart Against the Flu

Hello Fall! The season of cooler weather, apple cider, pumpkin spice and everything nice is upon us. For many, fall is a fun time of the year, but when greeted with flu season it can make it the least-fun.

With the flu season just around the corner, it's time to gear up to protect you and your family against the flu!

Experts are predicting that this year's flu season could be much worse than the previous two flu seasons. During the last two years of the pandemic, experts observed lower rates of the flu, likely due to the protective measures people were taking to prevent COVID-19. Mitigation measures such as wearing masks and staying home when sick contributed to very mild flu seasons. Now that restrictions for COVID-19 have lifted, people have started traveling more and resumed in-person social activities, we may see a more severe flu season compared to what the U.S. has experienced in the past two years.

The best protection from the flu for you and your loved ones is to get vaccinated. Getting



your annual flu vaccine is an effective and safe way to reduce your chance of catching the flu and reduce the risk of serious complications. About half of adults hospitalized with flu have heart disease. Getting vaccinated is especially important for people with heart disease because they are at a higher risk of serious complications from the flu.

According to the Centers for Disease Control, September and October is the best time to get vaccinated against the flu. It's suggested everyone should be vaccinated by the end

of October. Flu vaccines are available at the Southern Nevada Health District, your local pharmacy or your doctor's office. For most people, there is no out of pocket cost for getting the flu vaccine.

You are encouraged to continue practicing good habits to protect you and your family from getting the flu. Be sure to:

- Wash your hands frequently
- Use tissues to cover your sneeze and cough
- Stay home when you don't feel well

COMMUNITY RESOURCES

FREE Diabetes Self-Management Class

Diabetes self-management classes help people understand and manage their disease and learn the importance of checking blood sugar. Attend both days to complete the class. Open to those who have prediabetes or diabetes. Classes are offered in English and Spanish.

Class dates: November 10 and 17, 2-4pm; Southern Nevada Health District, 280 S. Decatur. Call 702-759-1270 or email gethealthy@snhd.org to register.

Fruit and Vegetable Farmers Market

Come out and pick up some fresh fruits and vegetables while supplies last! The markets accept SNAP and other forms of payment.

Event dates:

Oct. 5, 1pm; RTC Bonneville Transit Center, 101 E. Bonneville
Oct. 6, 9am; Southern Nevada Health District, 280 S. Decatur
Nov. 2, 1pm; RTC Bonneville Transit Center, 101 E. Bonneville
Nov. 3, 9am; Southern Nevada Health District, 280 S. Decatur

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.