# Stay Healthy, Be Happy

In the mist of living in a global pandemic, the flu can cause similar upper respiratory and lower respiratory symptoms as COVID-19. It is very difficult to distinguish flu from other viral or bacterial respiratory illnesses based on symptoms alone. Check in with your medical provider if you're experiencing symptoms, especially shortness of breath.

It's no secret that when you are physically ill, you feel more depressed than usual with decreased energy. Our mind and body are connected. The body's immune response can affect our mental health. Viruses, like the flu, trigger your immune system to produce inflammatory proteins, which help fight off the infection. However, they can increase your risk of fatigue, poor concentration and even cause you to experience low mood and feel more anxious. There are things you can do to stay mentally healthy during the flu season. Get outside, fresh air and sunshine can lift your spirits, and vitamin D from the sun aids in your immune response. Also consider getting the flu shot. Not feeling well, call the clinic today to schedule an appointment.
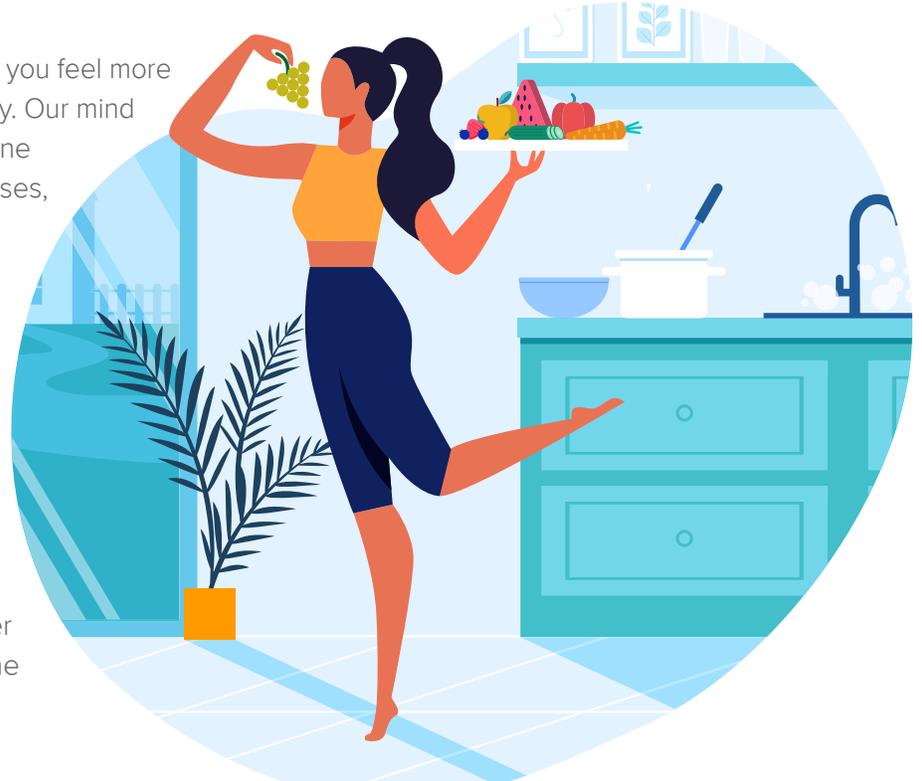
> *"A healthy outside starts from the inside."* – Robert Urich

Tips:

- Stay home when you are sick
- Treat aches and fever
- Cover your mouth and nose when you sneeze
- Keep your hands clean
- Get plenty of rest
- Drink lots of fluids to avoid dehydration

Reach out to the CareATC Health Center to schedule an appointment if you feel do not feel well.

If you are feeling suicidal and need immediate assistance, contact the National Suicide Prevention Lifeline at 800-273-8255 or text 7141741. Help is available 24 hours per day, 7 days a week. **You are never alone.**

Three easy ways to schedule an appointment:
800.993.8244   www.careatc.com/patients   CareATC app

CareATC

THE POWER TO BE WELL.