

## PREVENT THE SPREAD OF THE FLU

Besides getting vaccinated, the CDC recommends taking these steps:



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### Staying Healthy

In this month's article, I want to share important information about staying healthy during flu season and the latest updates on COVID-19 boosters. Taking steps to protect yourself and your loved ones is essential, especially as we continue to navigate these challenging times.

The flu (influenza) affects many people each year, causing fever, cough, body aches, and fatigue. The flu can be especially risky for children, the elderly, and those with weakened immune systems. That's why getting a flu vaccine is crucial. A flu vaccine is like a shield that helps your body fight off the flu virus.

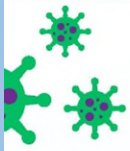
The flu vaccine is safe and effective. It doesn't give you the flu, but it helps your immune system recognize and fight the virus if you're exposed to it. By getting the flu shot, you're protecting yourself and those around you. This is called "herd immunity," which means that when many people are vaccinated, the flu can't spread as easily in the community.

Now, let's talk about COVID-19 boosters. You might have heard about them on the news. Boosters are additional doses of the COVID-19 vaccine that you can get after your initial shots. These boosters help strengthen your immunity against the virus, especially as new variants emerge. If you received the bivalent booster last fall, you are covered until the new booster is available in the next month or two. If you did not receive the bivalent booster, you can receive the current bivalent booster or wait for the new version this fall.

We are seeing a significant increase in COVID cases in our office. Symptoms are generally mild, but we have seen some very sick patients who needed hospitalization. The guidelines for isolation have not changed. If you test positive for COVID, you should isolate from others for five days after the date of symptom onset. After that isolation period, you should wear a mask for an additional five days outside your home.

In conclusion, taking steps to protect yourself from the flu and COVID-19 is essential for your health and the health of our community. By getting a flu vaccine, you're reducing the risk of getting sick and helping to prevent the spread of the flu. COVID-19 boosters can enhance your immunity against the virus, especially as new variants emerge.

Remember, as a family physician, my goal is to keep you informed and provide you with the best care possible. Stay informed by consulting reliable sources, and don't hesitate to reach out if you have any questions or concerns. Together, we can prioritize our health and well-being.



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## Healthy Recipe

<https://www.bbcgoodfood.com/recipes/spiced-salmon-traybaked-sag-aloo>

### Spiced Salmon with traybaked sag aloo Boost Your Immune System

By: Esther Clark

Makes: 4 Servings

Prep: 10 Minutes: 40 Minutes Cook

Ingredients:

1 kg floury potatoes, peeled and cut into 2 cm chunks

olive oil for roasting

1 tsp turmeric

2 tsp ground cumin

1 tsp chili flakes

200g spinach

1 x 500g salmon fillet

2 tbsp. tandoori or tikka spice paste

100ml double cream

lemon wedge, to serve



Directions:

1. heat oven to 200 degrees. Cook potatoes in a large pan of boiling salt water for 6 minutes.
2. Drain in a colander and leave to steam dry for a few minutes.
3. Toss the potatoes in a roasting tin with 1 tbsp. oil, the turmeric, ground cumin and chili flakes and plenty of seasoning. Roast for 20 minutes, tossing halfway through.
4. Boil Water and put spinach in a colander and pour over boiling water until wilted. Use the back of a wooden spoon to squeeze out most of the water. Rub the salmon generously with the spice paste and drizzle with oil. Stir the spinach through the potatoes and top with the salmon. Skin-side down.
5. Increase heat to 220 degrees. Return to the oven for 20-25 minutes or until the salmon is just cooked.
6. Remove the salmon to stir the cream into the potatoes.
7. Replace the salmon and serve with lemon wedges for squeezing over.

**Nutrition per serving:**

**CALORIES: 610.4KCAL | CARBOHYDRATES: 39G | PROTEIN: 33G | FAT: 35G | SATURATED FAT: 12G | SODIUM: 0.6MG | FIBER: 5G | SUGAR: 3G**

Source: BBC: Goodfood magazine, December 2018

<https://www.bbcgoodfood.com/recipes/spiced-salmon-traybaked-sag-aloo>