



October 2021

Dear Communities,

The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Please feel free to share this information with community members and loved ones.



## Be a Flu Fighter

### Why should you get the flu vaccine?

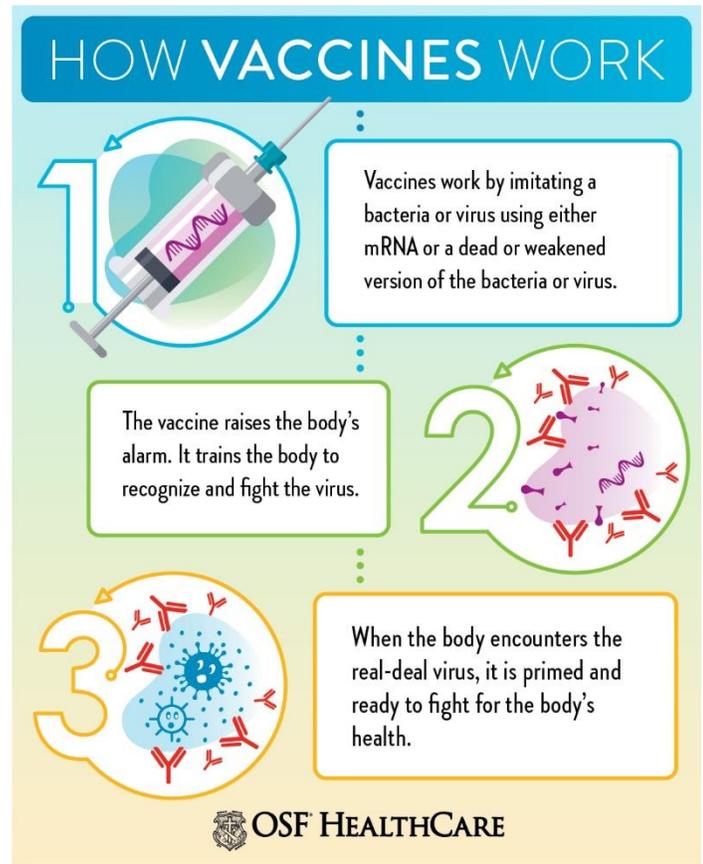
Influenza (the flu) can potentially be a very serious disease to many people, leading to hospitalization and even death. The flu vaccine helps to protect you from becoming sick from the flu, and helps prevent you from spreading it to others as easily.

According to a [study from 2018](#), 82% of people who had the vaccine did not need to be hospitalized when sick. This means that the flu shot can help protect you from becoming sick and/or becoming fatally sick.

## How does the flu vaccine work?

Flu vaccines DO NOT give you the flu. Instead the vaccine is created with a dead virus or a [single protein](#) from the flu virus, this means that your body will not be infected with the flu, just learn how to recognize and fight it off to keep your body healthy.

Each year different types (or strains) of the flu are more common, which is why it is important to get a flu shot each year to protect yourself from the most prevalent flu strain.



## When and where to get your flu shot

If you haven't already gotten your flu shot, now is the time to do so! Late September – October is the best time to get your flu shot to be protected.

CVS, Walgreens, and your healthcare provider can all provide the flu vaccine for you. You can also visit the [Public Health Offices](#) page to find locations in your area. The flu vaccine is usually free or low cost for individuals with health insurance or Medicaid/Medicare.

## Sugar is the spookiest part about Halloween!



Halloween is a great way for kids to dress up with friends and enjoy trick-or-treating. However, too much candy and sweet desserts are not healthy for children or adults! There are lots of yummy healthy foods and drinks to pass out to kids this Halloween:

- ◇ Boxed raisins
- ◇ Pretzels
- ◇ Water bottles
- ◇ Graham crackers
- ◇ Baked tortilla chips
- ◇ Popcorn
- ◇ Healthy granola bars
- ◇ Sugar free gum
- ◇ Dark chocolate



You can also choose to pass out non-food items such as:



- ◇ Bouncy balls
- ◇ Glow sticks
- ◇ Stickers
- ◇ Bubbles
- ◇ Chalk
- ◇ Coloring books
- ◇ Pens/crayons/pencils

*Stay safe, mask up, and get outside!*

*The VIVA Connects Team*

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