

Five ways to boost your immune system heading into flu season

Flu season is in full effect, and it seems like everyone has a cold or at least the sniffles! Village Health Partners knows you don't want to miss out on things while you're recovering from being sick, so here are some things you can do to keep your immune system in tip-top shape.

Get the flu shot

We know this may seem obvious, but getting the flu shot is the *best* way to protect yourself from the flu! The CDC is predicting a bad flu season for 2019-20 based on the experience of the Southern Hemisphere. While it's possible you still get sick, the flu shot protects against three or four strains of the virus and can [decrease your chance of having to see a doctor by 40 percent](#) or more.

Up your vitamin C intake

Vitamin C is essential for us! The [cells in your immune system need it](#) to perform properly and having a vitamin C deficiency can make it harder for you to fight off certain illnesses. Make sure you eat plenty of [foods high in vitamin C](#) like sweet yellow peppers, kale, kiwis, strawberries and oranges.

Wash your hands!

Your work or home environment may be a place where you are likely to be exposed to illnesses. Frequent handwashing and use of hand sanitizer can decrease your risk of picking something up from a co-worker or family member.

Get to bed on time!

We understand that it's easy to put others first and yourself second – and usually this means giving up sleep to take care of work or your family! But this can affect your ability to fight off getting sick. People who don't get enough quality sleep are [more likely to get sick](#) after being exposed to a virus. So, for your health, try getting to bed a little earlier every night!

Destress

Unfortunately, stress is part of everyday life. However, keeping stress to a minimum – we know that's easier said than done – can really help you, both mentally and physically. Stress can negatively impact your immune function, so make sure to dedicate time to relaxing during the busy holiday season.

If you're already sick

If you do happen to catch a cold or the flu, Village Health Partners wants to help you get better as fast as possible! Here are a few services that can help you when you're feeling under the weather.

[We're open seven days a week](#) – If you're feeling sick, you don't need to go to an expensive emergency room or an urgent care center that doesn't have your

health records! You can see a physician seven days a week at our Legacy Medical Village location.

[Telehealth](#) – Sometimes you just need to stay in bed when you're not feeling well, but that doesn't necessarily mean that you can't see a physician! When you schedule your appointment, ask for a telehealth visit, and we'll see if that is appropriate in your case. If a televisit is approved, from the comfort of your bed (or anywhere else you have access to a computer), you can chat with a physician who can give you a diagnosis and prescribe you medicine!

Do you feel a cold coming? Schedule an appointment . We will work with you to get you feeling back to normal.