

# Neighborhood News

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## Thanksgiving Kitchen Tip Sheet

Whether this is your first Thanksgiving dinner or your 40th, here are some ideas to take out stress.



1. Well in advance, write down your entire menu and post it somewhere in your kitchen so you don't remember midway through dinner that the mashed potatoes are still in the refrigerator.
2. Prepare a cooking schedule and timetable based on your recipes and write it down. Post it in a visible place in your kitchen.
3. Clean out your refrigerator a few days before you begin cooking to make room for make-ahead dishes.
4. Set your Thanksgiving table the night before -- or earlier, if you don't use your dining room every night.
5. Assemble and organize your serving dishes and utensils a few days before. Pair them up and put a sticky note on each serving dish that tells you what's going in it so that in the last-minute frenzy of getting dinner on the table, you don't forget.



## Preventing the Flu: Good Health Habits Can Help Stop Germs



The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

### 4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

