



DLA Distribution Commander's February Safety & Wellness Message

Medical experts indicate that we are entering the peak of the flu season. If you do not have the flu, it's not too late to get your flu shot from organizations with vaccine still on hand. Vaccination remains the best way to prevent influenza and is recommended for all persons aged 6 months and older." To find organizations offering the vaccine, you can go to www.flu.gov, type in your zip code and it will give you the nearest organization.

After the flu vaccine, one of the best ways you can protect yourself from becoming ill is simple—reduce your exposure to the virus. The influenza virus spreads into the air when people with flu cough, sneeze or talk. Tiny infectious droplets are inhaled or you're exposed to the virus by touching surfaces like doorknobs, where these droplets may fall. The virus can live on surfaces for up to eight hours.

Here are some additional tips on how you can prevent yourself from getting the flu:

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Your health and well-being is important to both Mr. Budden and I. Please take care of yourself during this flu season. If you are sick, don't try and be a hero; seek medical attention and follow your doctor's instructions.

Mr. Budden and I would like to thank each of you for your continued support in providing Global Distribution Excellence!

SUSAN A. DAVIDSON
Brigadier General, USA
Commanding General