

Preventing the Flu: Good Health Habits Can Help Stop Germs

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.

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.

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.*

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source by CDC(www.cdc.gov)

Thaw your Thanksgiving Turkey Safely



If you have purchased a frozen turkey for your Thanksgiving feast, be sure to thaw the bird adequately before cooking. According to the U.S. Department of Agriculture, there are three ways to thaw your turkey safely: in the refrigerator, in cold water and in the microwave.

In the refrigerator: (40 degrees F or below) Allow approximately 24 hours for every four to five pounds of bird. For example, a 12- to 16-pound turkey would require 3 to 4 days and a 16- to 20-pound bird would take 4 to 5 days to thaw.

In cold water: Allow approximately 30 minutes per pound. A 12- to 16- pound turkey would take about 6 to 8 hours and a 16- to 20-pound bird 8 to 10 hours. Seal the turkey securely in plastic to make sure no water leaks in and use only cold water. Change the water every 30 minutes and cook the turkey immediately after thawing.

In the microwave: Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing. Remove all outside wrapping. Place on a microwave-safe dish to catch any juices. Cook the turkey immediately after thawing and do not refreeze or refrigerate a raw turkey after thawing in the microwave oven.

Produced by ADA's Public Relations Team

Family Friendly Recipes



Turkey Tracks

A great Thanksgiving Snack for Kids

Ingredients:

- Crackers (your family's favorite)
- Cheese Spread OR Cream Cheese
- Crunchy Chow Mein Noodles

Instructions:

1. Spread the crackers with cheese, then arrange chow mein noodles atop each one to resemble a 3-toed turkey footprint.
2. Tip: The tracks look particularly good if you choose some of the curvier noodles that don't lie flat in the cheese.

