

Feeling under the weather?

It's finally here Fall/Winter, and everyone here in the office is excited. There are so many fun activities we all love to enjoy. Spending time with loved ones and family, special outings, and hitting major sales.

However, with flu season upon us, Covid-19 is still here, and other pesky seasonal infections and diseases. With all of them sharing common symptoms its hard to know what to do and even what illness you might have.

So what should you do if you start showing symptoms?

The short answer is: CALL YOUR DOCTOR!

When you do, describe all your symptoms and self-isolate until a proper diagnosis can be given. Or all symptoms have gone away. Sadly, that means canceling any gatherings, or outings. Canceling most non-medical appointments. And not going to public places when possible. You might even consider contacting people you have recently been in contact with, so they can be cautious too.

What symptoms are you looking for though? Fever (100.4 and above), congestion, cough, sneezing, sore throat, vomiting, nausea, runny nose, diarrhea, or other infectious disease symptoms.

Things to consider this season:

- Wear a face mask, covering, or face shield in public places.
- Keep sanitation wipes or baby wipes with you to wipe down frequently used public items.
 - Shopping carts
 - Key pads
 - Gas pumps
- Keep hand sanitizer with you.
- Always wash your hands with soap and water when available.
- Consider getting the flu shot. Which is easily available at:
 - Target
 - Walmart
 - Most pharmacy's like Walgreen's, and CVS
 - Most urgent cares
 - Dignity health
 - Adventist health
 - Sams club
 - Kern county health department
 - Most primary physician offices