

Flu

Source:<https://www.cdc.gov/flu/prevent/index.html>

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

Fever* or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches, Headaches, Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

FLU PREVENTION

- Everyone 6 months of age and older should **get a flu vaccine every season**, especially people at high risk.
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

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Pneumonia Vaccine

Source: <https://www.webmd.com/lung/pneumococcal-vaccine-schedule>

Pneumonia vaccine can't prevent all cases, it can lower your chances of catching the disease. And if you've had the shot and you do get pneumonia anyway, you will probably have a much milder case. If you're a healthy adult between ages 18 and 50, you can probably skip the vaccine.

Who Should Get the Vaccine?

All adults over age 65. Those with weakened immune systems. If you have heart disease, diabetes, emphysema, asthma, COPD (chronic obstructive pulmonary disease), chemotherapy, organ transplants, and HIV or AIDS. **People who smoke. Heavy alcohol drinkers. People getting over surgery or a severe illness that needed help breathing with a ventilator.**

There's no such thing as pneumonia season, like flu season. If you and your doctor decide that you need to have a pneumonia vaccine, you can get it done at any time of the year. If it's flu season, you can even get a pneumonia vaccine at the same time that you get a flu vaccine, as long as you receive each shot in a different arm.

There are two vaccines for pneumonia that protect against different types of the infection.

PCV13 helps protect people from 13 of the most severe types of bacteria that cause pneumonia. **PPSV23** protects against an additional 23 types of pneumonia bacteria. Neither can prevent every type of pneumonia, but they work against more than 30 common, severe types.

People who need a pneumonia vaccine should get both shots: first, the PCV13 shot and then the PPSV23 shot a year or more later.

Shingles

<https://www.mayoclinic.org/diseases-conditions/shingles/symptoms-causes/syc-20353054>

Shingles is caused by the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles.

Shingles cause a painful rash. Although shingles can occur anywhere on your body, it **most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.**

Shingles isn't a life-threatening condition, but it can be very painful.

Symptoms:

Pain, burning, numbness or tingling; Sensitivity to touch; A red rash that begins a few days after the pain; Fluid-filled blisters that break open and crust over; Itching

Some people also experience: Fever, Headache, Sensitivity to light, Fatigue

Fasting: What Can It Do for You?

Source: <https://www.webmd.com/diet/ss/slideshow-fasting-facts-myths>

Fasting occurs in the Bible when there is a need for a spiritual breakthrough due to the burdens of life. These burdens could be emotional, circumstantial, relational, ministerial, directional, or any other kind.

Did you know fasting has physical benefits like the following:

Boost Weight Loss; you are likely to lose some weight when you do it. Fasting also works to bust belly fat.

Lower Blood Pressure; You'll see a decrease when you stick to it for a long period of time. But once you stop, your readings go back to what they were before you started

Ease Inflammation process in your body. Adults with asthma showed fasting improves symptoms and lung function.

Lower Cholesterol a few small studies show that fasting -- especially every other day or alternate-day fasting -- can lower LDL cholesterol (the type that can build up in your arteries).

Boost Brain Function Experts are looking into how this might help slow conditions such as Alzheimer's disease and Parkinson's disease.

Improve Insulin Resistance fasting can improve how well insulin works in the body.