

LIVE WELL WORK WELL



Take time to get a [flu vaccine](#).

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible.
- Vaccination of [high risk persons](#) is especially important to decrease their risk of severe flu illness.
- [People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#).

TAKE ACTION TO PREVENT THE FLU.



This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

Health and wellness tips for your work and life—
presented by:



10 Easy Halloween Safety Tips

Halloween should be an exciting time of year for children and their parents, but too often the celebration devolves into tragedy. This season, make safety the top priority for your family.

Best Practices for Parents

The U.S. Centers for Disease Control and Prevention (CDC) has compiled a list of [Halloween best practices](#). Follow these tips to keep your family safe.

1. Always accompany young children when trick-or-treating.
2. Watch for motorists and cross alleys carefully.
3. Only visit houses that are well-lit when trick-or-treating.
4. Use reflective tape or other light-up devices to increase your child's nighttime visibility, especially when wearing dark costumes.
5. Do not let children eat strangers' homemade treats.
6. Avoid candles and open flames, especially when in costume.
7. Keep costume accessories soft and flexible (for example, swords or knives).
8. Examine your children's treats for choking hazards or tampering before they eat.
9. Remove any costume makeup before bed to avoid skin and eye irritation.
10. Make sure costumes and accessories do not impair visibility or inhibit movement.



BAKED APPLES & SWEET POTATOES

5 sweet potatoes (cooked, nearly tender)
4 apples (cored, sliced)
½ cup brown sugar
½ tsp. salt
¼ cup margarine
1 tsp. nutmeg
¼ cup hot water
2 Tbsp. honey

PREPARATIONS

1. Heat the oven to 400 F. Grease a casserole dish with butter or margarine.
2. Slice the apples and sweet potatoes.
3. Layer the dish with sweet potatoes, apple slices, and some brown sugar, salt and margarine pieces (in that order). Repeat this layer pattern until the dish is filled.
4. Sprinkle top layer with the remaining brown sugar, margarine and nutmeg.
5. Mix hot water and honey, then pour the mix over the top layer. Bake for about 30 minutes.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	300
Total Fat	8 g
Protein	2 g
Carbohydrates	60 g
Dietary Fiber	6 g
Saturated Fat	2 g
Sodium	320 mg

Source: USDA



Have a Healthy Halloween

Nutrition can be easily overlooked during a holiday best known for its abundance of candy and sugary treats. That is a shame, since about 1 in 5 school-aged children are obese, according to the CDC. This Halloween, consider being the one house on the block that offers healthy trick-or-treat alternatives.

Here are some store-bought snacks that can double as trick-or-treat offerings:

- Dried fruit
- Sugar-free gum
- Pretzels
- Juice boxes
- Snack crackers
- Apples
- Fruit bars
- Cheese sticks

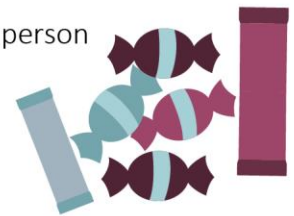
SPOOKY STATS

\$8.4 billion — Total U.S. Halloween spending in 2016



71% — Americans who hand out candy to trick-or-treaters

\$25 — How much an average person spends on candy



\$30 — How much an average person spends on costumes

Source: The Balance