



UNDER THE MICROSCOPE

MEDDAC Bavaria Preventive Medicine Newsletter



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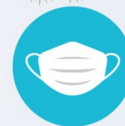
WHEN ITS YOUR TURN, DO YOUR PART



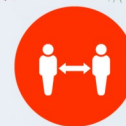
GET VACCINATED



WASH YOUR HANDS



WEAR A MASK



KEEP YOUR DISTANCE



Holiday Stress and how to manage it

The holiday season is the time of year where stress just comes with it. There's a lot of planning and tons of decision-making that needs to be done with all of the parties, celebrating, family time, gifts...there's just more on our plates and it can really take a toll on our mind and our body.

You may feel there's nothing you can do about the added stress – there will never be more hours in the day, your holiday responsibilities will likely always be demanding, but the great news is you actually have more control over it than you might think.

Why should we care so much about stress?

When we are experiencing stress, it drives our body into a "stressed state," stimulating our sympathetic nervous system which drives our physiology in the opposite direction of where we likely want it to go. It's common to think of food being a big culprit for holiday weight gain, but stress can not only be a culprit itself but can also trigger behaviors that lead to weight gain as well. This stressed state can cause people to experience things like stomach pains, bloating, emotionally driven overeating or binge eating, low energy, poor sleep, and a weak immune system. It also causes the body to produce more insulin and cortisol which can do things like increase cravings for sugary, salty, or carb foods and slow metabolism and trigger fat storage especially around the midsection leading to weight gain or weight loss resistance.

Where are sneaky stressors coming from?

When it comes to managing stress to reduce the negative impacts on the body, an important first step to get clear on ALL the places that are making you feel stress/anxiety. There are the obvious ones you can probably rattle off quickly, but there's also not-so-obvious what I call sneaky self imposed stressors that create just a big of an impact. Self imposed stressors are things like negative self-talk, feeling guilty/blaming/shaming ourselves, putting pressure on ourselves to be perfect, eating fast or multitasking when you're eating, skipping meals or not getting enough key nutrients, and consuming excessive caffeine/alcohol/sugar. The body reacts the same to those self imposed stressors as it does the bigger ones that might be more out of your control. It reacts the same way if you're pulling your hair out thinking about the perfect gift for your inlaws as if your inner critic voice is telling you you'll never get things done on time as if you drink 6 cups of coffee in a day. Once you're clear of ALL of the stressors in your life, focus on what you have the power to control or influence, get creative with it, don't be afraid to ask for help or say no.

4 unique ways to manage holiday stress:

For mindset: If you can view stressful situations as challenges you can control and master, rather than as threats, it'll help lower the stress response. Like if you think "I have all these things to do I'll never get them done" of course you feel stressed. But if you shift your thought to "I have all these things to do but I know I'll get them all done" it's kind of an instant exhale.

For lifestyle: You've heard the saying: "you can't pour from an empty cup." It's easy to forget to or deprioritize taking care of ourselves. Self care isn't selfish, it's about self preservation so we'll be charged enough to do the things we need to do. See where you can fit in small things that fill your cup like talking a 15 minute walk at lunch listening to calming music or taking 2 minutes to do a deep breathing exercise before running into a crowded store or using lavender essential oil before bed to help get a more restful sleep.

For emotions: If you find yourself inflicting self-imposed stressors like negative self talk, feeling guilty or worrying, or feeling the pressure to be perfect > acknowledge the emotion or the mental chatter, link it to the trigger or what caused it, and flip your response from self judgment to self compassion or empathy with a deep breath. You can even say "I choose to let this go".

For food: Certain foods help the body cope with stress by giving it key vitamins and nutrients that produce calming hormones to relax the body. Focus on adding to your plate this season foods like: leafy green veggies, turkey, fermented foods, dark chocolate, bananas, sweet potatoes, chamomile tea, brazil nuts, avocado. Also try to include protein/fat/carbs/and veggies at as many meals as you can to help balance your blood sugar and stabilize your hormones!

Source: www.healthyeaton.com; www.cdc.gov/healthequity/features/holidayseason;



COVID-19 booster frequently asked questions

Do I need a booster?

COVID-19 vaccines are very effective in lowering the risk of severe disease, hospitalization, and death. They even work against the Delta variant. The CDC has found that this protection may wear off over time. Boosters keep the vaccines effective for longer.

If I need a booster shot, does that mean that the vaccines aren't working?

No. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection, especially among certain populations, against mild and moderate disease.

Can I mix and match my booster dose?

Yes. CDC recommendations allow for mixing and matching of different COVID-19 booster doses, and eligible individuals may choose which vaccine they receive as a booster dose. The Administration recommends that residents with questions about which booster is right for them should ask their health care provider for advice.

Should people expect to get sick after the third dose?

Current data indicates that side effects following the additional dose are similar to those after the second dose. Common side effects are generally mild such as localized pain, redness or swelling at the injection site, and fatigue, headache, and low-grade fever. Serious adverse events are rare. These are normal signs that your body is building protection against COVID-19.

More Information:

www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html

Norovirus Illness: Key Facts

Norovirus—the stomach bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain.

Norovirus illness is often called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.

Norovirus can spread in many ways

Norovirus can spread to others by—

- having direct contact with an infected person, for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
- touching objects that have norovirus on them and then putting your fingers in your mouth, for example, touching a countertop that has vomit droplets on it and then putting your fingers in your mouth and
- sharing utensils or cups with people who are infected with norovirus.

There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.



What is the Right Way to Wash Your Hands?

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.

See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)

5 Tips to Prevent Norovirus From Spreading

1. Practice proper hand hygiene

Always wash your hands carefully with soap and water—

- after using the toilet and changing diapers, and
- before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them.

Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.

3. When you are sick, do not prepare food or care for others

You should not prepare food for others or provide healthcare while you are sick and for at least 2 to 3 days after you recover. This also applies to sick workers in schools, daycares, and other places where they may expose people to norovirus.

4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25% per gallon of water] or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).

You should—

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and wash the items with detergent at the maximum available cycle length then machine dry them.



Visit CDC's Norovirus Web site at www.cdc.gov/norovirus for more information.

COVID-19 Bavarian Krankenhaus Ampel (hospital traffic-light system) rules and regulations*

3G:
vaccinated – recovered – tested
(antigen/rapid test no older than 24hrs or PCR test no older than 48hrs)

3G-PLUS:
tested – recovered – tested
(PCR test no older than 48hrs, no antigen/rapid test accepted)

2G:
vaccinated – recovered

2G PLUS:
vaccinated – recovered
+ negative antigen/rapid test no older than 24hrs

3G applies to: Events, fitness studios, restaurants, cafes, leisure facilities (e.g. discos, clubs, bars), close contact services (e.g. hair dresser, nail and beauty salons, massage salons);

Mask requirements:

Indoor and public transport: medical or FFP2 mask

3G-PLUS applies to: where 3G was previously valid

2G: where 3G-PLUS previously applied (except for public transport, retail) and leisure facilities

Mask requirements:

Adults: FFP2 masks

Kids & Teenagers Age 6-16: at least medical masks

3G-PLUS: for close contact services

2G applies for: Restaurants, Cafes, leisure facilities (e.g. discos, clubs, bars);

2G-PLUS applies for: Nursing homes and hospitals, events and fitness studios

Mask requirements:

Adults: FFP2 masks

Kids & Teenagers Age 6-16: at least medical masks

(In areas where 3G-PLUS or 2G is compulsory, the mask requirement applies (in catering: only to the seat), unless the social distancing requirement of 6ft is observed)

(*all rules and regulations are subject to change)

TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDC.GOV/FLU #FIGHT FLU