its severe complications. It’s way to prevent the flu and vaccination is the primary illnesses: (RSV), and other winter viral environments, prevalent, requires a combi peak season for the flu and healthy? What are some ways to stay other respiratory illnesses. If you have a medical "A: Preventing viral illness: - By Diane Cassey Staff Writer As we wrap up September, Unity High School has a Rocket Replay: Athletic Season Deep in Competition The fall season is great. There are so many opportunities to enjoy athletic competitions. The Friday Night Lights - Dr. Venu Chennamaneni For more information, call 217-377-2300. Have a ques- of flu and RSV activity in your community, the Primary way to prevent the flu and other respiratory illnesses. What are some ways to stay healthy? 1. Avoid smoking and other tobacco products. 2. Eat a balanced diet rich in fruits and vegetables. 3. Get regular physical activity. 4. Maintain a healthy weight. 5. Get recommended doses of flu vaccine for you and your family. 6. Wash your hands frequently. 7. Cover your mouth and nose when you cough or sneeze. 8. Disinfect frequently touched areas. 9. Practice safe sex. 10. Avoid alcohol and other drugs. 11. Get recommended doses of other vaccines, such as the pneumococcal vaccine and the shingles vaccine. 12. Use a humidifier: Maintaining indoor humid- STAFF REPORTER Q: Fall and winter mean - By Diane Cassey Staff Writer As we wrap up September, Unity High School has a Rocket Replay: Athletic Season Deep in Competition The fall season is great. There are so many opportunities to enjoy athletic competitions. The Friday Night Lights - Dr. Venu Chennamaneni For more information, call 217-377-2300. Have a ques- of flu and RSV activity in your community, the Primary way to prevent the flu and other respiratory illnesses. What are some ways to stay healthy? 1. Avoid smoking and other tobacco products. 2. Eat a balanced diet rich in fruits and vegetables. 3. Get regular physical activity. 4. Maintain a healthy weight. 5. Get recommended doses of flu vaccine for you and your family. 6. Wash your hands frequently. 7. Cover your mouth and nose when you cough or sneeze. 8. Disinfect frequently touched areas. 9. Practice safe sex. 10. Avoid alcohol and other drugs. 11. Get recommended doses of other vaccines, such as the pneumococcal vaccine and the shingles vaccine. 12. Use a humidifier: Maintaining indoor humid-