



10 *tips*
to **ENJOY** a
HAPPY
& *Healthy*
FALL
SEASON

 **Cooper**
University Health Care



Stay Happy and *Healthy* This Fall

Here in the Delaware Valley, fall is in the air. That's right—the days are getting shorter, leaves are starting to change colors, and the temperature is beginning to cool.

Fall is a season of transition, and it's a great time to focus on your health and wellness. Although our bodies are different, and nothing health-related is a guarantee, you can use these 10 tips to help you and your family stay healthy and safe while enjoying the season!

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1. Keep Vigilant Against COVID-19

As of this writing, the state of New Jersey currently requires the use of a mask in all public settings. Use of a face mask is an important weapon in the fight against the spread of COVID-19, so make sure you have yours at the ready to protect you and others around you. Another measure to fight COVID-19 infection is frequent hand hygiene. Therefore it's a good idea to wash your hands frequently and carry hand sanitizer to use after contact with high-touch surfaces.

2. Get Your Flu Shot

Plan to get a flu shot in October or early November, before the season peaks during winter. Flu shots are recommended for the entire family, from infants six months and older through senior-aged adults.

Getting an annual flu shot is your best defense against contracting this prevalent virus. Even if you do get sick, a flu shot can reduce the symptoms. And no, you cannot get the flu from getting the shot.



3. Head Outdoors

Fall in the Delaware Valley is a great time to head outdoors. With the beautiful fall weather, enjoying the outdoors can make people happier and healthier.

Before we're under the deep freeze of winter, get out and get active. Looking for ideas that allow for social distancing? Try hiking, running, pumpkin picking, or taking a drive to enjoy the colorful foliage.

4. Eat Seasonally

Fall offers a variety of fresh fruits and vegetables, including apples, Brussels sprouts, cranberries, and sweet potatoes.

A healthy diet includes daily helpings of fruits and vegetables, so take advantage of these seasonal delights. Try something new at a local farmers' market or choose the freshest selections from your supermarket, and enjoy the tastes of fall.



5. Hydrate

It's important to get plenty of fluids every day, even in the fall, when you may not feel as thirsty. Staying hydrated helps your body to fight off sickness, including flu and cold symptoms.

For proper hydration, a good rule of thumb is to drink half an ounce to an ounce of water for each pound you weigh. Therefore, someone weighing 150 pounds should drink between 75 and 150 ounces of water daily.



6. Take Care of Outdoor Chores

For many of us, fall means taking on extra outdoor chores. Although they are not most people's idea of a good time, if you're a homeowner with trees on your property, raking and fall yardwork are inevitable.

As long as you are in good health and able, chores like raking provide a great opportunity to get some fresh air and burn some calories. In fact, a half-hour of raking can help burn about 150 calories.

7. Schedule Yearly Checkups

Have you had your annual health checkup yet? If not, it's best to schedule it now before as we get closer to the year's end.

Even those without ongoing health issues should make several doctor visits each year. Schedule your annual checkup with your primary care doctor, see your dentist for your twice-a-year exam, and visit your eye doctor for a checkup. Sexually active women should see their gynecologist once a year.



8. Get Enough Vitamin D

As summer shifts to fall, it becomes harder to get a sufficient amount of vitamin D naturally. A vitamin D deficiency can lead to many health conditions, including osteoporosis, heart disease, cancer, Alzheimer's disease, stroke, high blood pressure, and diabetes.

To get enough of this essential vitamin, it's important to take a supplement or to eat foods that are rich in Vitamin D, such as salmon, tuna, mushrooms, eggs, and milk.

9. Maintain a Safe Home

Fall is a good time to make sure that your home's safety features are in good working order. Take time to test your smoke and carbon monoxide detectors, and change the batteries. Make sure that fire extinguishers are easily accessible and are at full pressure.

Also, add an HVAC filter to your shopping list. Filters should be changed every couple of months, especially during seasonal changes, to keep your home clean and your family breathing healthy air.





10. Enjoy

In our stressful lives, time to relax is often seen as a luxury. However, one of the best things you can do this fall is take some time to step back, relax, and enjoy the season.

Enjoy the seasonable weather. Enjoy the foliage and fresh air. Enjoy spending time with your family. Enjoy spending a lazy Sunday watching football. When you take time to relax and enjoy life your health and well-being will thank you for it.



A Better Brand of Urgent Care

For more than 130 years, Cooper University Hospital has been a valuable and highly respected South Jersey institution. We've built a reputation as one of the most trusted health systems in the region, handling more than 1.4 million outpatient visits annually.

That same expert care is now available in your neighborhood—at each of our area urgent care centers. In South Jersey's busy urgent care landscape, new facilities are popping up everywhere. But there's a big distinction with Cooper Urgent Care: Our centers are the only ones in the area staffed by board-certified Emergency Medicine physicians.

That's right. When you visit a Cooper Urgent Care Center, you'll have peace of mind knowing your diagnosis is delivered by the same doctors who treat seriously injured and critically ill patients in our Emergency Department. Compared with other centers, this is a major difference—and it doesn't end there.

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