



Fast Facts

The cooler months are approaching, which means so is the flu season. Try these tips to stop the spread of the flu this year:

1. Get vaccinated to prime your immune system.
2. Wash your hands regularly with soap and water and use antibacterial hand sanitisers especially after you cough.
3. Wipe household surfaces so they are clean and dry.
4. Cover your nose and mouth when you cough or sneeze.
5. Avoid close contact with people who have flu like symptoms.

Getting vaccinated is a good way to combat the flu, however, it is a common myth that the flu vaccine can actually cause influenza; this is not possible as the vaccine does not contain any live viruses and therefore cannot cause the flu.

More commonly, people experience some mild side effects which occur soon after receiving the vaccination and may last 1 – 2 days including:

- low-grade fever
- muscle aches
- soreness, swelling and redness.

These symptoms usually resolve themselves without requiring any specific treatment.

LGIS can work with your local government to set up a flu vaccination program.



Chicken Couscous Salad

Ingredients:

- 500 – 600g chicken breasts
- 4 large garlic cloves (crushed)
- 1 lemon (zest and juice)
- 2 Lebanese cucumbers (peeled, cored and dice into bite size cubes)
- 1 green chilli - optional (finely chopped)
- 1 punnet of cherry tomatoes (halved or quartered)
- Approx. half a cup of olive oil
- Salt and pepper to taste
- 1 teaspoon of cumin
- 2 cups of couscous
- 2 cups of chicken stock
- Mint or coriander finely chopped for garnish

Method:

Spread out the thinly sliced chicken breasts in an oven proof dish in one single layer and marinate it with the lemon zest and juice, garlic, salt and pepper and just enough oil to slightly cover the chicken.

Marinate the chicken for at least one hour or best overnight.

When you are ready to cook the chicken, pre-heat the oven to 200c and cook the marinated chicken strips for 15 – 20 mins.

In the meantime, prepare your couscous. Place the couscous in a large bowl, pour over the just boiled stock, cover the bowl with cling wrap immediately and let it sit for 10 mins, or until the stock has been completely absorbed by the couscous.

Fluff up the couscous with a fork and season it with salt, pepper and cumin. Add in the cucumber, tomatoes and chilli.

Add in the cooked chicken including all of the cooking juices to the couscous and the vegetables, give it a good mix and serve. Garnish it with mint or coriander if desired.



Get recognised as a healthy workplace

Is your local government showing leadership in the area of workplace health?

Healthier Workplace WA's initiative – *Recognised Healthy Workplace* - aims to celebrate the achievements of workplaces in WA that have demonstrated commitment and leadership towards creating a healthy workplace. WA workplaces can apply to 'get recognised' for their commitment to improving their workplace and workers' health and wellbeing.

HWWA works with workplaces to implement:

- healthy policies and procedures
- environments and facilities that support healthy behaviours
- education and opportunities for staff to participate in healthy activities and programs

To apply to become a *Recognised Healthy Workplace*, an organisation must first have a workplace health and wellbeing program.

Workplaces that have an existing workplace health and wellbeing program and would like to apply for recognition can visit www.healthierworkplacewa.com.au/get-recognised and submit an application online.

LGIS can assist your local government in the development and implementation of a health and wellbeing program which is a first step in becoming recognised as a healthy workplace.



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