



Medical experts are shouting out the bad news that the end of 2019 and following winter months of 2020 could involve the worst flu outbreaks in 20 years. First, of course, for wandering oldsters to get your flu shots before venturing on the road or into the sky. Also, when buying gifts and other shopping during this season, save time, avoid sneezy crowds and do as much as possible by online orders to be delivered to giftees and/or your home.

Protect yourself in jammed airports, airplanes, stores and other places where masses of people sniffle and sneeze too close to you. Carry a sanitized cloth mask for where holiday and travel dangers may be most severe. Also take along packs of medicated disposable paper towels for when you'll be using toilets in stores, airports and airplanes.

www.accuweather.com/en/health-wellness/most-active-flu-season-since-2003-is-already-wreaking-havoc-in-the-us/644427