



Health



Staying Healthy During Cold and Flu Season!!!!

February 23, 2009

As the weather becomes colder and we stay indoors more, people often catch colds or other viruses. The cold and flu season can begin as **October** and usually ends sometime in **April**.

While there is no way to cure the common cold or the flu, there are several things you and your family may do to prevent them and stay healthy this season.

The most important thing you can do to keep from getting sick is to **WASH YOUR HANDS**.



A common way to catch a cold is by rubbing your nose or eyes, so to protect against infection wash your hands frequently. Your hands catch germs from other people or from contaminated surfaces and washing them prevents you from infecting yourself with the germs.

Washing Your Hands!!!

- Warm water
- Soap
- Wash for several seconds (at least 20).

Boost your Immune System:

Even when your hands are clean, staying healthy means more than simply avoiding germs. Healthy bodies have an easier time fighting off infection. To stay healthy:

- Get plenty of rest
- Eat a well-balanced diet
- Exercise regularly
- Decrease stress
- Cut back on unhealthy habits, such as smoking and over consuming alcohol

