



spotlight on health

Doctor's Orders: Know How To "Work" Your Cold

(NAPSA)—The annual cough and cold season and an uncertain economy have people more concerned than ever about taking sick days. However, the economic cost of lost productivity due to the common cold approaches \$25 billion, of which \$16.6 billion is attributed to on-the-job productivity loss, according to the Journal of Occupational Environmental Medicine.

Considering how quickly and easily cold viruses can spread, the Centers for Disease Control and Prevention (CDC) recommends that people who are feeling sick should stay home to contain their illness. Although it may not shorten the length of your cold, rest, fluids and over-the-counter (OTC) products may help you feel better. Furthermore, by staying home you will eliminate the risk of spreading illness to your colleagues.

Stay Home if You Are Sick.

If you feel unwell with cold symptoms (cough, chest congestion or sinus pressure), stay home to prevent the spread of illness-causing germs. If you need to work, talk to your manager about work-from-home options and schedule conference calls instead of face-to-face meetings.

Don't Self-Diagnose. Symptoms of the common cold usually begin two to three days after infection. Consult your health care provider to determine whether your symptoms indicate that you have a viral and/or bacterial infection. Talk to your physician about the best options for symptom relief at the onset of your illness.

Seek Symptom Relief. You can't cure or shorten the length of a common cold, but you can seek symptom relief to make your cold more manageable while it runs its



Don't take germs to work. If you're feeling sick, stay home and take your medicine.

course. The buildup of excess mucus is a cause of symptoms associated with the common cold. Consult with your health care provider to learn more about OTC products such as Mucinex, Mucinex DM and Mucinex D that help provide temporary relief of chest congestion, cough, and sinus pressure, respectively, for 12 hours by breaking up the excess mucus. Always use OTC products as directed.

Practice Healthy Hygiene.

According to the CDC, hand washing is the most effective way to prevent the spread of illness-causing germs. Wash your hands frequently and thoroughly with soap and water and then dry them with a clean, dry towel. If soap and water are unavailable, use a hand sanitizer.

Furthermore, you can help prevent the transmission of germs and the onset of illness by covering your cough or sneeze with the crook of your elbow, keeping your hands away from your eyes, nose and mouth and routinely disinfecting frequently touched surfaces.

For more information about symptom relief, visit www.Mucinex.com.