

How To Stay Comfortable During A Cold

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(NAPSA)—Cold and flu season has arrived, and it's nearly impossible not to be affected. According to the Centers for Disease Control and Prevention, adults have an average of two to three colds a year, and children have even more. And when one family member catches a cold, it's likely the rest of the family will follow suit.

While there's no universal cure for a cold, there are ways to help you feel comforted while you're sick. Put on your softest PJs, snuggle under the covers and read these tips for staying comfortable this cold and flu season:

- **Stay hydrated.** Water, juice, clear broth, warm apple juice or warm lemon water with honey can help loosen congestion and prevent dehydration. Avoid alcohol, coffee and caffeinated sodas, which can further dehydrate you when you're sick.
- **Soothe a sore nose.** Noses can turn sore and red from tissue blowing, so have a soft, soothing tissue, such as Puffs Plus Lotion, nearby. Puffs Plus Lotion is dermatologist tested to be gentle on sensitive skin, and its touch of lotion helps comfort an irritated, red nose better than ordinary tissues can.
- **Acetaminophen and ibuprofen can ease your aches and pains.** If your head hurts, dimming the lights and placing a cool gel mask over your eyes can be extremely relaxing. And if you are feeling chilled, try snuggling with a heated blanket.
- **If you have a sore throat,** try ice chips, sore throat sprays, or lozenges, such as Vicks VapoCOOL SEVERE Medicated Drops. These drops are infused with powerful Vicks vapors to soothe your sore throat pain. Now's also the time to make the ultimate comfort food for colds—chicken soup—which can help ease sore throat pain. Tea with honey is another good option.
- **Try to keep your mind off being sick** with family board games, playing cards, coloring books, crossword puzzles and



Puffs Plus Lotion tissues are the ultimate nose soother. Use them when you're sick to help your nose feel better sooner.

the like. Watch your favorite movie or show, or listen to soothing music.

- **Another way to pass the time is to take a relaxing bath.** Add some Epsom salts to help with body aches and lavender oil to feel more calm and tranquil.
- **Lastly, be sure to get plenty of rest.** While eight hours is the recommended amount of sleep for most each night, go to bed even earlier when you're sick, and be sure to nap throughout the day. Soft cotton sheets will help your body breathe more in bed, especially if you have a fever.

How To Protect Yourself From Future Colds

While most people recover from a cold within seven to 10 days, it can spread from infected people to others through the air and close personal contact, such as shaking hands, or touching infected surfaces, like door handles or sink faucets.

Here are some tips to avoid catching a cold, whether it's your first time or third:

1. Wash your hands often with soap and water. Wash them for 20 seconds and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. Stay away from people who are sick.

Learn More

For further cold and flu facts and tips, visit www.puffs.com.