

Health Hints

Tips For Fighting Flu

(NAPSA)—In the fight against the flu, experts say common sense is a good defense against infection.

Sensible steps include avoiding unnecessary physical contact such as shaking hands, hugging or kissing, and making sure to wash hands frequently and vigorously with soap and water. Avoiding contact reduces the chance of flu transmittal, while washing removes the virus from the hands and prevents its introduction into the mouth, eyes and especially the nose.

The nose is a particularly vulnerable point of entry for the flu virus, which often lodges itself within mucus. In fact, experts say ensuring mucus is regularly flushed is a safe and sensible way to help dislodge any flu virus—and many now recommend nasal washing with a saline solution to do just that. This practice is traditionally conducted with a neti pot, which uses gravity to gently flow saline through the sinuses. The solution thins out mucus, enabling it to easily flow out from the sinuses and nose.

The pots are relatively easy for adults and older children to use. For younger children, however, using one may not be practical, and the pots cannot be used on infants. To help, SinuCleanse, which manufactures a top-selling brand of neti pot, developed “Kids Mist” for use with infants and children under 12 years of age.

The product is a precise medical device that produces a unique, ultrafine saline mist, which can easily be aimed and dispensed without touching the inside of the nose. Its design also features an



Doctors say a saline nasal wash is a safe way to help prevent recurrence of the flu.

anti-backwash valve that prevents contamination of the stored saline solution.

“There is ample evidence that shows nasal irrigation can hasten the resolution of symptoms associated with the flu and prevent its recurrence,” says Dr. Diane Heatley, associate professor of surgery and pediatrics at the University of Wisconsin School of Medicine. “We want to do all we can to prevent introduction of the flu virus into our body and, if present, expedite its removal. Nasal washing is not only safe and effective, it’s also a good extra line of defense.”

You can find Kids Mist at Walgreens and Kroger. The company’s original neti pot is available at retailers nationwide.