

Health Hints

Common Sense Tips Against Flu And Colds

(NAPSA)—Getting through flu and cold season is no breeze. With a severely limited supply of flu shots, experts are recommending common sense remedies to help alleviate flu and cold symptoms.

According to the National Institute of Allergies and Infectious Diseases, people in the United States suffer one billion colds in the course of a year. It's important to know how to prepare.

"Given the limited supply of flu shots, it's even more important for people to practice good health and hygiene habits," said Noel D. Nequin, M.D., a Chicago-based cardiologist.

While the holidays represent a common time for families and friends to get together, it doesn't have to be a "Bah! Humbug!" experience from a cold and flu perspective.

Dr. Nequin recommends sensible tips, including:

- Wash your hands with soap and warm water frequently, especially before eating, after visiting public places such as shopping malls or being in contact with anyone with a cold or the flu.

- Drink lots of fluids, especially those with essential nutrients and high in vitamin C, such as Tropicana orange juice—to maintain proper hydration and a healthy immune system.

- Avoid close contact (holding, hugging, kissing) with anyone who has a cold or the flu. "It's hard to follow this one during the holi-

Healthy Tips for Flu & Colds

Hands off of your eyes, nose and mouth.

Each person should have their own cup to avoid sharing germs.

Avoid close contact with those who have a cold or the flu.

Lather up and wash hands frequently.

Thoroughly clean all shared surfaces.

Have a glass of orange juice. It contains a full day's supply of vitamin C to help maintain a healthy immune system.



It's important to know how to prepare for flu season.

days," says Dr. Nequin. "But giving someone a cold or flu isn't a good gift idea and isn't something you necessarily want to exchange."

- Do not share items that can spread germs and viruses, such as drinking cups, straws or other items you put in your mouth.

- Clean things that are touched often in the household, workplace and child care settings.

- Avoid touching your eyes, nose or mouth.

"Even if a person doesn't qualify for a flu shot, following a good health and hygiene regimen throughout the new year can go a long way to reduce one's risk from colds and flu," said Dr. Nequin.