

## STAY COMFORTABLE DURING A COLD

WHILE THERE'S NO SURE CURE FOR A COLD, YOU CAN MAKE YOURSELF MORE COMFORTABLE WHILE YOU'RE RECOVERING. FIRST, STAY AWAY FROM ROUGH, ORDINARY TISSUES THAT CAN LEAVE YOUR NOSE FEELING RAW AND RED. TRY PUFFS PLUS LOTION TO HELP SOOTHE A SORE NOSE INSTEAD. A TOUCH OF LOTION COMFORTS AN IRRITATED SNIFFER, AND ADDED SOFTNESS WILL HELP YOUR NOSE FEEL BETTER QUICKER. NEXT, IF YOU HAVE A SORE THROAT, TRY LOZENGES, SUCH AS NEW VICKS VAPO-COOL SEVERE MEDICATED DROPS. LASTLY, GET LOTS OF REST. GO TO BED EARLY AND NAP DURING THE DAY. FOR MORE COLD AND FLU FACTS AND TIPS, VISIT PUFFS--DOT--COM.

SPONSORED ADVERTISING CONTENT