

Stay Cold-Free



There are more than 200 cold viruses, so odds are you'll catch one this winter. Here are some tips to help you prevent a cold:

- Hands can become covered with germs quickly...Wash them regularly, or use an alcohol-based hand sanitizer, and keep them away from your face.
- Cover sneezes and coughs with a tissue or your elbow.
- Drink lots of fluid to flush out your system and eat dark green, red, and yellow fruits and vegetables to stimulate the immune system.
- Exercise regularly to build up virus-killing cells in your body.
- Relax - there's evidence that relaxation increases cold-fighting natural chemicals in the blood.

