

Cold & Flu Season: Tips to Prevent Illness

With the cold and flu season approaching, and no sure way for a cure, we need to help our children learn to prevent catching or spreading those germs. Here are a few tips to help:



1. **Wash hands often.** Most cold and flu viruses are spread by direct contact. Using warm water and soap, wash hands for as long as it takes to sing the alphabet. Some parents carry antibacterial wet wipes and lotion to use when water and soap is not available. These can also be used to wipe down toys and books after having friends over for a playdate.
2. **Sneeze or cough into a disposable cloth.** Germs and viruses cling to your bare hands, so where possible, keep kleenex or paper towel close and teach your children to sneeze into it. Throw away the tissue as well as the germs!
3. **Don't touch your face.** Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds, and a key way they pass colds on to their parents.
4. **Drink plenty of fluids.** Water helps to flush the poisons and toxins from your body. One measure to tell if you are drinking enough is checking the color of your urine. If the color of your urine runs close to clear, you're getting enough. If it's deep yellow, you need more fluids.
5. **Get fresh air.** During very warm or cold seasons, people tend to spend more time indoors which means more germs are circulating in crowded rooms.
6. **Exercise regularly.** Getting aerobic exercise helps increase the body's natural virus-killing cells. Get the whole family outdoors for a game of tag or races!
7. **Sleep.** Set a regular routine for a solid night's sleep.
8. **Healthy Meals.** Start the day with a hearty breakfast, nutritious lunch, balanced dinner and healthy snacks.

