

Top 7 Tips to Prevent Colds and Flu

By Raymond Geok Seng Lee

Because you can only treat the conditions caused by colds or flu, prevention should be your goal. Many such tips come down to using common sense about your health.

1. Wash your hands frequently, preferably with a disinfectant, anti-bacterial soap

If no soap is available, use plain hot water. Wash more frequently if you're around sick people. Most cold and flu viruses are spread by direct contact and then touching your nose, eyes, or mouth before washing your hands.

2. Don't cover your sneezes and coughs with your hands

Although you may think you are just being polite, covering your hands with clinging viruses won't do anyone any good. When you feel a sneeze or cough coming on, turn your head away from people or look down while you expel your germs into the air. If you find yourself instinctively covering up anyway, use a paper tissue, dispose of it immediately, and wash your hands.

3. Drink plenty of fluids

A typical healthy adult needs eight 8-ounce glasses of water or healthy liquids a day. You may need to drink more than this if you have a fever. To be sure that you are getting enough fluids, check your urine. It should look close to clear instead of a deep yellow.

4. Get fresh air

Regular doses help to purge any airborne cold or flu viruses. Getting fresh air is especially important during cold weather when central heating dries you out and makes you more vulnerable to viruses. Open your windows and doors for a few minutes daily to circulate fresh air and help push out those freeloading airborne viruses.

5. Get a flu shot if you are in a high-risk group: 65 or older; prone to chronic diseases

Anyone can get a flu shot, and you may want to if you work in close proximity to large groups of people. Because some strains of viruses change so frequently, inoculations are good for one year. They are usually administered in autumn, just before the flu begins, and generally take two weeks to become active.

6. Maintain a healthy diet

Eating right ensures healthy cell and tissue reproduction, maintains strong muscle and bone systems, and provides your body with the fuels it needs to keep your immune system in top shape.

7. Take vitamin C

Vitamin C stimulates a natural virus killer and mobilizes the immune cells that patrol your body to attack invading colds and flu viruses. No one knows for sure if vitamin C actually prevents colds and flu. But most health practitioners accept that vitamin C can shorten the duration of colds and flu.

About the Author

Raymond Lee Geok Seng is one of the foremost experts in the health and fitness industry and is a writer specializing in body health, muscle development and dieting. He has spent countless of time and efforts conducting research and share his insightful and powerful secrets to benefit men and women all over the world. He is currently the author of the latest edition of "Neck Exercises and Workouts." Visit <http://www.bodyfixes.com> for more information. Article Source: http://EzineArticles.com/?expert=Raymond_Geok_Seng_Lee