

WHEENK! HEALTH

NO MORE SNIFFLES HOW TO AVOID "CATCHING A COLD"

THE BIG, BAD COLD

IT IS NO SECRET THAT THE COMMON COLD REARS ITS UGLY HEAD OFTEN. THE SYMPTOMS ARE ALL TOO FAMILIAR: SNEEZING, RUNNY NOSE, COUGH, HEADACHE, SORE THROAT, DIFFICULTY BREATHING, SINUS PAIN, ETC. THE NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES REPORTED THAT THERE ARE MORE THAN TWO HUNDRED DIFFERENT VIRUSES THAT CAN CAUSE THESE SYMPTOMS. SO, HERE ARE A FEW TIPS TO HELP YOU AVOID BEING THE NEXT VICTIM.

RUB-A-DUB-DUB

DID YOU KNOW THAT VIRUSES CAN LIVE UP TO 3 HOURS ON YOUR SKIN AND THEY CAN SURVIVE 3 HOURS ON MOST SURFACES? IN ORDER TO COMBAT THOSE PESKY VIRUSES, MAKE SURE TO WASH YOUR HANDS FREQUENTLY. MOST AMERICANS ARE UNAWARE OF PROPER HAND WASHING TECHNIQUES. READ THE TIPS BELOW AND GET TO A SINK AND START "RUB-A-DUB-DUBBING!"

1. WASH YOUR HANDS OFTEN, USING SOAP AND WATER OR ANTIBACTERIAL PRODUCTS. USE WARM OR HOT WATER WHENEVER POSSIBLE AS THIS IS MORE EFFECTIVE IN KILLING BACTERIA.
2. APPLY SOAP GENEROUSLY AND LATHER FOR AT LEAST 15-20 SECONDS, MAKING SURE TO COVER ALL AREAS OF YOUR HAND, INCLUDING FINGERNAILS!
3. DRY HANDS AND USE A PAPER TOWEL TO TURN OFF THE FAUCET. GERMS LINGER EVERYWHERE!
4. KEEP SOME ANTIBACTERIAL/ HAND SANITIZER IN YOUR PURSE OR POCKET, JUST IN CASE!

DEFEND YOURSELF

YOUR IMMUNE SYSTEM IS YOUR BODY'S NATURAL DEFENSE AGAINST GERMS AND VIRUSES. IT IS IMPORTANT TO TAKE CARE OF YOUR BODY SO THAT YOUR IMMUNE SYSTEM IS READY AND ABLE TO FEND OFF ANY VIRUS THAT COMES IN ITS PATH. UNFORTUNATELY, YOU ARE MORE LIKELY TO HAVE A WEAKENED IMMUNE SYSTEM AS YOU AGE, WHEN YOU ARE STRESSED, OR DURING YOUR MENSTRUAL PERIOD. DESPITE ALL OF THIS, THERE ARE A FEW THINGS YOU CAN DO TO BUILD YOUR DEFENSES.

1. HIT THE SNOOZE BUTTON! MAKE SURE TO GET PLENTY OF REST BECAUSE SLEEP DEPRIVATION WEAKENS THE IMMUNE SYSTEM AND INCREASES SUSCEPTIBILITY TO COLDS. 8 HOURS OF SLEEP IS NEEDED FOR GOOD HEALTH.
2. EAT A HEALTHY DIET, DRINK PLENTY OF FLUIDS, AND REFRAIN FROM SMOKING.
3. GO FOR A WALK! MAKE SURE TO GET ADEQUATE EXERCISE, AT LEAST 30 MINUTES OF MODERATE ACTIVITY A DAY.
4. TAKE A DEEP BREATH! TRY TO REDUCE STRESS IN YOUR LIFE.
5. DRESS APPROPRIATELY FOR THE WEATHER. KEEP YOUR HEAD AND FEET COVERED, AS THESE ARE THE PARTS OF YOUR BODY THAT HELP REGULATE TEMPERATURE.
6. LOOK, BUT DON'T TOUCH! DO YOUR BEST TO KEEP YOUR DISTANCE FROM ANYONE WHO IS SICK.

BY LINDSAY DAVIES



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