

# Health Awareness

## Getting Ready For Cold And Flu Season

### *Tips To Keep The Whole Family Healthy*

(NAPSA)—According to the American Lung Association, colds account for more visits to the doctor than any other condition in the United States. The Centers for Disease Control claims that more than 200,000 people are hospitalized for the flu each year.

This year, Dr. Jim Sears, renowned pediatrician and co-author of "The Healthiest Kid in the Neighborhood," has simple suggestions for parents to help prevent their families from getting sick:

First, wash your hands throughout the day to prevent cold and flu germs from spreading. "Wash your hands before eating, after using the rest room and if you come into contact with a sick person or an object a sick person has touched," says Dr. Sears. He also points out that children, need to be taught to avoid spreading cold and flu germs by coughing into the crux of their elbow, instead of into their hands.

Dr. Sears' second tip is to prepare your body for the insurgence of germs this winter by exercising and maintaining a healthy diet full of fruits and vegetables. "An easy way to protect your family



**To slow the spread of cold and flu germs, it's a good idea to regularly disinfect frequently touched surfaces.**

from cold and flu is to feed them recognized immune-boosting foods, such as fish, citrus fruits and leafy greens, to help their bodies fight off viruses before they can cause illness," he says.

Germs are always on the go and can travel with you from the faucet to the door handle and even to the football you and your family throw around after dinner. The surfaces that you touch are often breeding grounds for cold and flu germs. According to Dr. Sears, the

third thing you can do to protect your family is to disinfect the surfaces you touch often with a disinfectant wipe or spray, such as those made by LYSOL® to stop germs dead in their tracks.

"The fourth step is to plan in advance," says Dr. Sears. "Stock up on all of the tools you need to prevent illness, such as vitamin C, hand sanitizers and disinfectants. Keep them in one handy place to make illness prevention even easier."

And finally, chat with your doctor before your family gets sick. He or she can help you determine if you and your family are good candidates for a flu shot. The doctor can also advise about what over-the-counter medicines you should have on hand should someone start to experience cold or flu symptoms.

"With these five simple steps, parents can successfully and effectively help keep themselves and their families cold and flu free this season," says Dr. Sears. "Prevention is the easiest way to stay healthy." For more helpful tips on keeping the whole family healthy, visit [www.homesolutionsnews.com](http://www.homesolutionsnews.com) or [www.cdc.gov/ounceofprevention](http://www.cdc.gov/ounceofprevention).