



Important Cold/Flu Tips To Keep On-Hand

(NAPSA)—According to the Centers for Disease Control and Prevention, over the past two decades, outbreak of flu activity has most commonly occurred in the months of January and February. And, the common cold is also more prevalent during the winter months. Since there is no known cure for a cold or flu, prevention is the key. Making some small adjustments in your daily routine will help keep cold and flu germs at bay.

Below are some tips that can help you and your family stay healthy during the peak of cold and flu season:

- To help ensure that you kill as many germs as possible, wash your hands twice every time you wash. Dial Complete® Antibacterial Foaming Hand Wash has a hospital strength formula that is at least 10 times more effective at killing germs on hands than other leading hand soaps, yet is milder and rinses cleaner.

- Cover your mouth and nose with a tissue when coughing or sneezing. This helps keep germs from infecting your hands. Also, avoid touching your eyes, nose or mouth—these are vulnerable areas for germs to enter the body.

- Be sure to get a flu shot, especially if you are 50 years old or older, a resident of a long-term care facility, have chronic medical problems, are pregnant or immu-



nocompromised. Nasal spray vaccines are also available.

- Get plenty of sleep and relaxation, exercise and eat nutritious food. These healthy living practices will help keep you healthy all year long.

- Make sure to wash hands frequently while in public settings where you are in constant contact with others. It is important to scrub under your fingernails, a great hiding place for germs. Using Dial Complete significantly reduces the number of germs transferred from one hand to another.

- Drink plenty of fluids to hydrate and flush your system of toxins.

Taking preventive measures such as regularly washing your hands, receiving a flu shot, getting plenty of sleep, eating right and drinking plenty of fluids will help lessen your chances of contracting the flu or a cold during the winter months.