

Health Bulletin



Keeping Families Healthy During Cold And Flu Season

(NAPSA)—According to the U.S. Centers for Disease Control and Prevention, approximately 35 to 50 million Americans come down with the flu during flu season, which typically lasts from November to March—but there are steps you can take to keep yourself and your family healthy. There are even ways to avoid the common cold, which accounts for more visits to the doctor than any other condition in the United States.

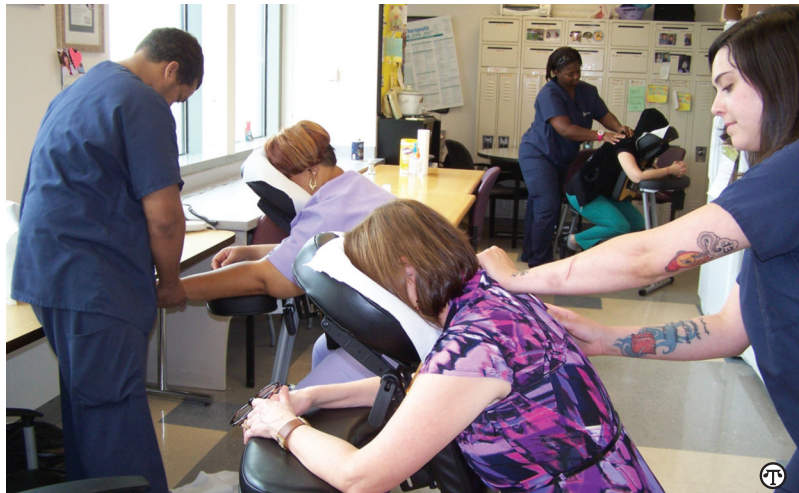
“Many seasonal sicknesses that affect families each year can easily be prevented,” said Todd Prehm of Sanford-Brown Colleges, a leading provider of healthcare education. “Being aware of the possible health risks and taking action to prevent illnesses can save many trips to the doctor’s office.”

Flu-Fighting Tips

One of the most effective ways to avoid the headaches of seasonal sickness is prevention. To keep your family healthy and active this year, consider these tips:

1. **Stay hydrated**—Encourage all family members to carry a reusable bottle filled with water wherever they go. Keeping hydrated will help your immune system stay strong and fight off illness.

2. **Avoid close contact**—Cold and flu viruses can be passed through a simple handshake or cough. Try to keep some distance from family members who are sick to avoid infecting others.



Massage therapy students from Sanford-Brown College “give back” by offering free massages to nurses at a local cancer center during Give Back Day 2010.

3. **Take advantage of health resources**—Sanford-Brown Colleges hold an annual Give Back Week that focuses on providing a variety of free health services to members of the community. As part of the school’s commitment to service learning, this event gives students the opportunity to put their skills to use and contribute to wellness in the community.

4. **Wash your hands often**—Each day, you come in contact with many more germs than you may realize. Washing your hands a few times throughout the day can stop germs in their tracks. Keep hand sanitizer with you, as well.

5. **Keep surfaces clean**—Cold and flu germs can live on home

surfaces such as counters, door-knobs and telephones. Be sure to wipe down common surfaces daily to prevent the spread of illness.

By practicing these tips, families have a better chance of escaping a number of common illnesses.

Anyone interested in turning a passion for healthcare into a profession can visit a Sanford-Brown College campus to learn more. From diagnostic medical sonography to veterinary technicians, the campuses offer technical instruction for students looking for a career in a field that really makes a difference.

Learn More

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