

Putting The Chill On Colds And Flu This Season

(NAPSA)—A drop in the temperature outdoors may signal the beginning of cold and flu season indoors.

Flu season typically lasts from November to March, affecting 10 to 20 percent of the American population. Cold and flu outbreaks are typically seen more in the colder months, experts say, thanks to the increased amount of time spent indoors interacting with others.

Even though there's a reported shortage of flu vaccine this season, there are ways to help protect yourself. Here are a few tips from Dr. Steven Lamm, medical consultant for ABC-TV's "The View":

Minimize Your Risk of Catching an Infection:

- Cover coughs and sneezes with your sleeve instead of your hand if you don't have a tissue. You'll be less likely to spread germs to others from your hands and through the air.

- Wash your hands often to kill or rinse off viruses you may have picked up from contaminated objects such as doorknobs, phone receivers and computer keyboards. If soap and water are not readily available, use a waterless antibacterial hand sanitizer to clean your hands.

- Avoid sharing food or utensils with others.

- Reduce stress, relax and get plenty of sleep.

- Quit smoking, as it damages your respiratory tract and can lower your resistance to infection.

- Steer clear of coughers, sneezers and sniffers as much as possible, especially if you are elderly or in poor health.

If you find yourself in close proximity to someone who is sick, excuse yourself and move to a different area as they would likely do the same if they were in your situation.



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Maximize Your Chances for a Quick Recovery:

- Eat a balanced diet and get the nutrients your body needs to fight the infection from healthful foods such as fruits, vegetables, grains, low-fat meats and fish.

- Drink plenty of fluids, let your body rest, and fight off the infection from home. Avoid refilling plastic water bottles as they can accumulate germs.

- Treat your symptoms with an effective, over-the-counter medicine. The American Lung Association recommends acetaminophen as the "first choice among analgesics for colds and flu." Look for acetaminophen in Tylenol Cold & Flu with Cool Burst products, a new line of liquid cold and flu products that uses CoolTek™ technology to create an instant cooling sensation in the mouth and throat while the medicine delivers fast, long-lasting relief from cold and flu symptoms.

- Prevent spreading your cold or flu by staying at home and resting whenever you can.

To learn more, visit www.tylenol.com.