

# health hints



## Stop The Common Cold Or Flu From Ruining Your Vacation

(NAPSA)—In the next few months, people across the country will pack their bags and head out on vacation. Students will flood popular destinations on their school break and families will load up the car to visit relatives. Some vacationers will head to warmer climates, while other people will explore other countries. Regardless of the destination, everyone is looking for a little rest and relaxation, and nothing can ruin a vacation quicker than catching the common cold or flu. But cold and flu symptoms should never get in the way of living life to the fullest.

While living a healthy lifestyle, washing your hands and staying hydrated are credited for warding off the everyday illnesses, sometimes, catching a cold or the flu is inevitable, even while on vacation. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 5 to 20 percent of the U.S. population comes down with the flu during each flu season. Regardless of the time of year, travelers will come in contact with millions of germs throughout their travels. It's not uncommon to find your airplane seat next to someone who has a cough, or board a train alongside a traveler suffering from the sniffles. Even though staying healthy is the desirable hope of all travelers, getting sick doesn't have to mean your vacation is over.



**Taking an over-the-counter product for nighttime multi-symptom cold relief can help you get the rest you need.**

While there isn't a cure for the common cold, fortunately, years of research from the trusted cold and flu experts at Vicks have found dependable ways to alleviate the symptoms. An important part of recovery from a cold or flu is to get a good night's sleep. Taking an over-the-counter product for nighttime multi-symptom cold relief can help you get the rest you need. Vicks NyQuil features the same trusted multiple-symptom cold relief as the original formula, but is now updated and enhanced with improved Original and Cherry liquid flavors. Getting lots of rest is vital to lessening the duration of your cold or flu. Luckily, while on vacation there should be a lot of options to help you rest. Get cozy in your hotel room and read a book, or find a shady spot on the beach and take a long nap.

Other than getting lots of rest, drinking plenty of liquids is essential for a quick recovery from a cold or flu. If this doesn't help ease symptoms, products such as Vicks VapoSyrup can help relieve chest congestion by thinning out bothersome mucus and phlegm, and relieving nasal congestion.

Along with treating your symptoms, make sure to build up your immune system with a balanced diet. Being on vacation can make eating healthy, fun and easy. Load up on local fruits or head to the nearest farmer's market for fresh veggies. If you're not in the mood to search for a good meal, put on your pajamas and order room service. Vacations are about relaxing, after all, so don't be afraid to slow down and let someone do the work for you.

It's always best to take preventative measures against getting sick, but not feeling well because of a cold or flu shouldn't put an end to all vacation plans. Not feeling well is a great excuse to finally finish a book that was started months ago or to sit back and enjoy the local scenery. Since vacations are meant to be relaxing, eliminate the need to search for a drugstore in an unknown area and pack a few cold and flu symptom relief products, just in case. Never let a cold or flu stop you from breathing life in. For more information, visit [www.vicks.com](http://www.vicks.com).