

Children's Health

Tips To Minimize Colds And Flu

(NAPSA)—The Centers for Disease Control estimates that nearly 22 million school days are lost to the common cold every year. This is no surprise to moms, according to a survey conducted by Braun Research. Nine in 10 moms agree that other children who go to school with cold or flu viruses have caused their child to get sick.

To share some easy strategies for minimizing exposure to cold and flu bugs, the Kleenex brand has teamed up with school nurse Jean Grabeel. A mother of two with over 30 years of experience in the health care field, Grabeel sees thousands of students each year.

“While it’s true that cold and flu viruses are their worst from October through March, it’s important to remember that bugs are out there all year,” said Grabeel. “In fact, the National Association of School Nurses found that nearly 70 percent of 2008 student illnesses didn’t happen during the ‘typical’ cold and flu season.”

Here are some tips Jean recommends practicing year-round:

- Wash your hands often and for a minimum of 15 seconds, especially before eating, after playing outside or using the restroom.

- Sneezes can spray 100,000 infectious droplets into the air at 200 miles per hour and land three feet forward! Whenever possible, use a disposable facial tissue and then throw it away.

- Cold and flu viruses are around all year long, so it’s impor-



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tant to get on an effective sleep cycle and drink plenty of fluids to help boost your immune system.

- Sixty-five percent of moms admit that their child has been sent home from school sick. Help avoid this by keeping your loved ones home when they’re under the weather.

- Cold and flu viruses can live up to 24 hours on regular tissues—noteworthy, since three-quarters of moms admit to handling their family’s used facial tissues.

Kleenex brand Anti-Viral—an essential part of Mom’s virus-fighting toolkit—is the only tissue that kills 99.9 percent of cold and flu bugs in the tissue. To learn more about ways to battle cold and flu, visit www.BattletheBug.com.