



## Beat that Cold

Ever had a cold? Of course you have, but there are some simple strategies – beyond simple hand washing – to prevent cold systems and keep you energized through the winter. Remember that there are no known cures for cold and flu, prevention is the key.

1. Do not cover your sneezes or coughs with your hands. Germs like to cling onto bare hands. When a person sneezes or coughs into their hands; germs are not going anywhere and is a good way to spread the virus. There is nothing wrong with sneezing or coughing into the sleeve of your shirt, especially into the crook of your elbow.
2. Do not touch your face. All cold and flu viruses enter through an opening in your body. That includes eyes, nose, or mouth. This is how many children catch colds or the flu and it is an easy way to pass the virus onto the parents as well.
3. Drink plenty of fluids. This cannot be stressed enough. Fluids flush the body and get rid of the toxins as they rehydrate the body. If your urine is clear, then you are hydrated. If it is not clear, drink more fluids.
4. Take a steam. Many of us do not think of this and its role in prevention of the cold and flu virus. A German study found that people who steamed twice a week got half as many colds as those who did not. The theory behind this study is the hot air that is inhaled when in the sauna. The temperature is too hot for cold and flu viruses to continue to exist.
5. Exercise regularly. Aerobic exercise increases the heart rate to pump larger quantities of blood. The effect of exercising makes you breath harder and helps transfer oxygen from the lungs to the heart. This makes you sweat more and will boost your immune system fighting against the cold and flu virus.

Performing these small steps will keep you healthy and energized during the long winter months. Stay warm and stay healthy.

**To provide further wellness education for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).**

