

1 Know the difference. Colds symptoms affect you above the neck with a stuffy nose, sneezing, and a cough. Flu comes on suddenly and affects the body all over with fever, chills, and body aches.

2 Every fall or winter, get a flu vaccine, the single best way to protect against that year's flu.

3 Wash your hands often with soap and warm, running water. Use an alcohol-based hand rub when you can't wash your hands.

4 Keep your immune system strong with a balanced diet, exercise, and plenty of rest.

Wellthier by the Dozen™

12 Terrific Tips to COLD & FLU DEFENSE

5 Try to avoid close contact with sick people. Keep your fingers away from your nose, eyes, and mouth.

6 To help prevent the spread of infection, use a virus-killing disinfectant on handrails, doorknobs, and other surfaces that people touch often.

1 If you have a fever, cough, sore throat, chills, and fatigue, stay home for at least 24 hours after your fever is gone.

8 Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

9 Drink plenty of fluids, such as water, and soup broth, to loosen mucus and keep you hydrated.



10 Avoid caffeinated drinks, such as coffee, tea, and colas, and alcohol, as they can dehydrate you.



11 Both colds and flu typically have to run their course. Over-the-counter medications may relieve symptoms, but will not cure or shorten the duration.

12 If your symptoms worsen or if you think you have COVID, get tested and talk to a doctor.

