Nothing to sneeze at … preventing colds and flu

When it comes to avoiding a cold or the flu, follow your nose with common sense strategies. The flu vaccine can be the best offense for flu prevention. Although colds are difficult to avoid, these suggestions may help:

- Avoid close contact with people who have colds, especially during the first few days when they are most likely to spread the infection.
- Wash your hands after touching someone who has a cold, after touching an object they have touched and after blowing your own nose. If your child has a cold, wash his or her toys after play. Hand washing is the easiest and most effective way to prevent the spread of infection.
- Keep your fingers away from your nose and your eyes to avoid infecting yourself with cold virus particles that you may have picked up.
- Put up a second hand towel in the bathroom for healthy people to use.
- Keep an eye on the humidity of your environment so that your sinuses do not dry out.

For more health-boosting ideas, nose around Blue Access® for Members at www.bcbstx.com.

Source: American Lung Association

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