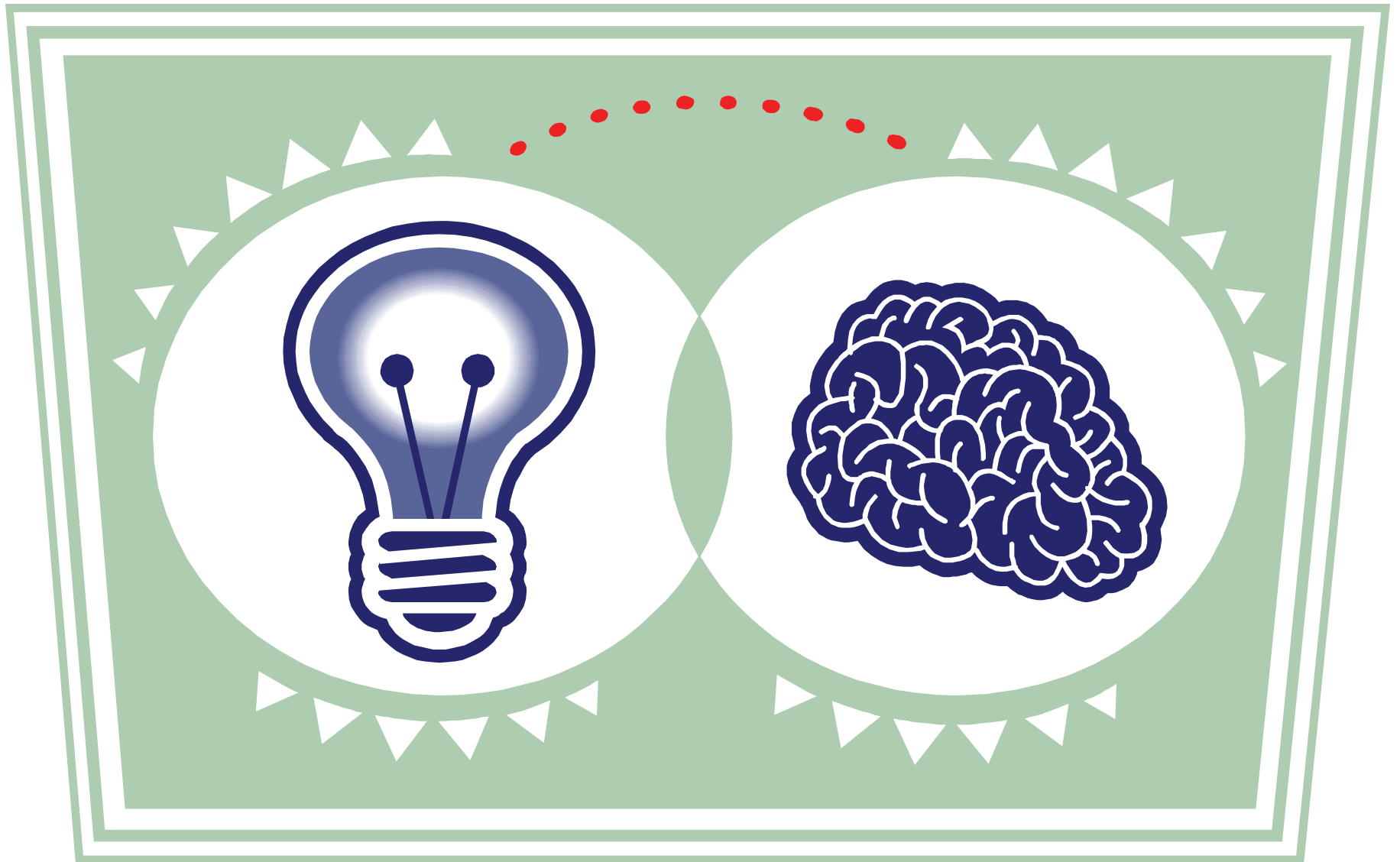


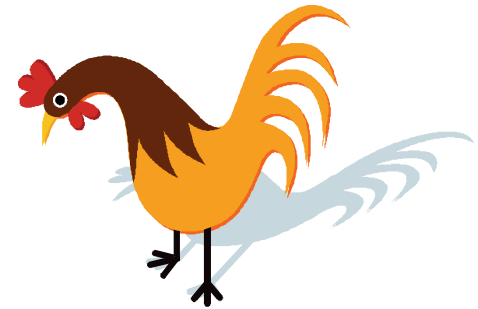
Cold & Flu Smarts



Chicken soup is a recommended treatment for colds.

True or False?

True– Chicken soup works! One reason is that hot liquids help soothe a soar throat, and help the body flush out the viral infection.



Chicken soup also helps relieve a stuffy nose.

Scientists have found that chicken soup helps clear out blocked passages in the nose faster than other liquids.



Feed a cold, starve a fever. True or False?



False— eating nutritious foods and drinking plenty of fluids help fight off many illnesses. Someone with a cold or the flu may not be too hungry, but he or she should try to eat a little.

If you get a cold or flu, go straight to bed. True or False?

False— Often there is no need to stay in bed because of a cold or flu. But if you're sick, it's smart to take it easy and get plenty of rest.



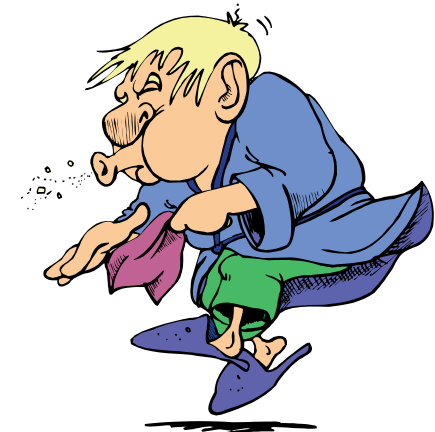
**You can catch a cold by being out in cold weather.
True or False?**



False— A cold or flu is caused by a virus. Being out in cold weather is fine as long as you are properly dressed. If you get a chill, your body's resistance to a virus can be lowered.

Kids get more colds than adults. True or False?

True— Kids get as many as six or eight colds a year. Adults average two to four a year.



**People catch more colds in the fall and winter.
True or false?**

True– That’s because people usually spend more time indoors in cold weather and are in close contact with others. This makes it easier to spread the virus.



**Some people never catch a cold.
True or False?**

True– Less than 10 percent of adults never get a cold. Scientists aren’t sure why these people are so lucky!

Avoiding the Cold or Flu...

Taking good care of yourself can help you avoid getting a cold or flu! Here are some things you can do:

- Eat nutritious food, including the recommended 3-5 daily servings of fruits & vegetables.
- Drink plenty of water!
- Change your toothbrush after you've been sick
- Wash your hands often and use plenty of soap and rinse well
- Get regular exercises
- Get plenty of REST

