



## Health Yourself Byte

### THINGS TO DO IF YOU GET A COLD OR THE FLU . . .

1. **DRINK FLUIDS:** Fluids thin mucus. Hot drinks and soups are especially effective.
2. **HUMIDIFY YOUR ENVIRONMENT:** Moisture helps. Use the shower, a humidifier or breather over a bowl of hot water.
3. **GET REST:** Going to work isn't going to make it worse, but keep in mind that you are most contagious the first 48 hours.
4. **HELP YOUR BREATHING:** Prop yourself up with pillows.
5. **COUGH AND BLOW:** Blow your nose gently and often and cough as needed. You want to keep phlegm moving not suppress it.
6. **GARGLE:** Gargle with salt water to soothe your sore throat. It also promotes healing of inflamed tissue. Stir ½ teaspoon of salt in a glass of warm water and gargle for 30-60 seconds.
7. **DON'T TAKE ANTIBIOTICS:** Unless there is solid evidence that you have a secondary bacterial infection . . . a cold and the flu are viral infections and antibiotics will do nothing to relieve the symptoms.



The most important thing that can be done to keep from getting sick and spreading illness to others is washing our hands. So **WASH YOUR HANDS:**

Before, during and after preparing food

After using the restroom

After changing diapers

After handling trash or taking out the garbage

Whenever hands come in contact with bodily fluids (runny nose)

When they are dirty!

Before eating food

After coughing or sneezing

After handling money

After petting an animal

### THE PROPER WAY TO WASH YOUR HANDS:

- Run your hands under warm water
- Apply soap
- Scrub for **AT LEAST 20 seconds** in a vigorous motion (sing Happy Birthday 2 times)
- Make sure you scrub every surface on your hands including under fingernails, in between fingers and by your wrists as well.
- Use a paper towel or airdry your hands completely!



PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical  
Center of Plano