











# Top 10 Ways to Prevent Colds and the Flu

If you're like most people, you're too busy to get sick. So it's important to take every measure to stay well and protect your body from illnesses. **Matt Nimer**, a physician assistant specializing in family medicine at University of Utah Health Care, offers these tips:

<p><b>1</b></p> <p>Get the flu vaccine.</p> 	<p><b>2</b> Wash your hands many times daily. Use alcohol-based hand sanitizer when soap and water are not available.</p> 	<p><b>4</b></p> <p>Disinfect doorknobs, light switches and other common surfaces. And carry your own pen to reduce exposure to germs. "Viruses can live up to 48 hours on these hard surfaces," Nimer says.</p> 
<p><b>5</b> Exercise for 30 minutes five days a week.</p> 	<p><b>7</b> Drink at least eight 8-ounce glasses of water daily. If you drink alcohol, do so in moderation.</p>  	
<p><b>6</b> Eat a healthy and balanced diet.</p> 	<p><b>9</b> Don't smoke, and avoid exposure to second hand smoke.</p>  	
<p><b>8</b> Chill out. "Chronic stress can lower the number of disease-fighting cells the body is able to use to fight illness," Nimer says.</p> 	<p><b>10</b></p> <p><b>* Help is available if you do get sick.</b> Most cold and flu symptoms improve within a week, but if you feel worse or something just doesn't seem right, visit your doctor. To find a physician, call <b>866-850-8863</b>.</p> 