

5 Ways To Prevent The Cold & Flu This Season

Description

As cold and flu season approaches, you may be concerned about keeping yourself and your loved ones in good health throughout the entire season. Fortunately, effective [cold and flu prevention](#) may be easier than you think. In order to boost seasonal wellness and avoid getting sick, try out these five simple tips.

1. Keep Plenty of Cold and Flu Remedies in Your Medicine Cabinet

When it comes to top health techniques, it's hard to beat the security of having a truly well-stocked medicine cabinet that includes [Brillia Health cold and flu prevention tablets](#). Be sure you have adequate medications and remedies at your home at all times during flu season, since this simple step can help you tackle symptoms as soon as they arise and avoid worsening illness. You may want to start with the basics and ask your doctor for personalized recommendations.

2. Practice Personal Hygiene Even More Carefully Than Usual

When flu season rolls around, paying extra attention to personal hygiene is more important than ever. Even if you already take care to wash your hands throughout the day and stay home if you're sick, you can take some extra steps during the flu season by:

- Carrying hand sanitizer with you
- Washing your hands carefully with warm water and soap
- Trying not to touch your face or mouth before washing your hands
- Avoiding others who are coughing or sneezing

3. Load Up With Extra Superfoods and Nutrient-Rich Dishes

Sneaking an extra [superfood for cold & flu](#) into your everyday diet could go a long way in helping you stay healthy during flu season. When you go to the grocery store, load up on nutrient-rich foods that can provide a strong dose of antioxidants. Some foods to consider putting on your shopping list include:

- Broccoli
- Citrus fruits
- Kale
- Berries
- Oatmeal
- Flax seed

4. Take Plenty of Time for Self Care and Personal Health

During flu season, taking some extra time to tend to your personal health is extra important. Be sure to make self care a true priority during these months, since a strengthened immune system can go a long way in helping you ward off the cold and the flu. For example, you should try to:

- Exercise at least a half hour or more every day
- Sleep restfully for eight to nine hours per day
- Keep your body hydrated with eight or more daily glasses of water

5. Consider Getting the Flu Shot as Soon as You Can

Lastly, consider scheduling an appointment to get the seasonal flu shot as soon as possible. If the flu shot is available in your area, it could help you prevent serious illness should you contract the flu, and may be able to protect you from catching the flu in the first place. Ask your pharmacist whether your family members would be eligible for the flu shot as well. You can also search online with [“flu shot near me”](#).
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During cold and flu season, staying healthy is on everyone’s mind. If you’re worried about keeping yourself and your friends and family as healthy as possible, try following these five simple strategies and focusing on wellness and self-care all season long.

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