

# Sniffle, cough, achoo!

## Keep your family healthy during cold and flu season

The days are getting shorter and the temperature is dropping. For some, this change in season signifies the onset of hockey season, skiing or outdoor skating. But for pharmacists across the province, it marks the beginning of cold and flu season.

This year, the Rexall family of pharmacies and its partner the Air Miles Reward Program want to ensure Ontarians stay healthy with tips and tricks for boosting immunity for every family member.

“The best way to stay healthy this season is to avoid contact with germs and people infected with the flu virus,” says Tracey Phillips, Rexall pharmacist. “However, that’s not always possible so it’s also important to boost your immunity and practice good hygiene such as proper hand washing which will help you fight the virus should you be exposed.”

Where are Ontarians exposed to cold and flu viruses? Kids and teenagers are exposed to germs at school and daycare; while most adults are exposed at work and commuting on

trains, subways, buses and in elevators.

Rexall pharmacists offer these tips to avoid exposure and exposing others to your pesky cold or flu should you catch it this season:

- Wash your hands frequently. Carry antibacterial gel or wipes in your purse or lunch bag for those times when you aren’t near a sink
  - Avoid touching public, high traffic surfaces such as elevator buttons, subway polls, door knobs in public bathrooms. If you must touch them, use a paper towel and remember to disinfect door knobs and handles at home
  - Avoid excessive hand shaking
  - Sneeze (and cough) into a tissue if you have one handy, or sneeze into your sleeve– not your hand
- Tricks for boosting your immunity to build your defenses include:
- Get enough sleep– eight hours of sleep a night is key to boosting your defenses
  - Drink two litres of water a day– water flushes the system and fights

fatigue

- Take a daily multivitamin– talk to your pharmacist about which vitamins help fight colds.
- Schedule a seasonal flu shot
- Get some fresh air! Staying indoors exposes you to even more germs so get outside and take a walk or open your windows
- Relax— rest and downtime allows your body to recuperate

Remember to shop for your cold and flu remedies at pharmacies like Rexall where you can receive added value for your purchases like bonus Air Miles.



For more information on keeping your family healthy this cold and flu season, visit [rexall.ca](http://rexall.ca).

[www.newscanada.com](http://www.newscanada.com)

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