

BEWARE OF COLDS (By Betty Cunningham, R. N. - Plant Nurse) Once again the season of colds is upon us, and while there is still no specific remedy to cure a cold, there are several precautions which may be taken to prevent colds.

We do know that colds are caused by a living disease agent which is present in the nose and throat before the actual cold develops. When resistance of the body is lowered due to over-tiredness, chilling, wet feet, exposure to bad weather or an improper diet, the virus invades the body tissues, and colds and their troublesome complications develop.

We also know that colds are very catching.....easily spread from person to person by coughing and sneezing. That is why it is so important to keep the nose and mouth covered with a handkerchief or Kleenex when coughing or sneezing, and to properly dispose of the Kleenex by burning to prevent further spread.

We know that colds, if not properly cared for, may lead to more serious complications. Often a cold that is made light of and not properly treated may develop into a chronic condition.....sinusitis, ear or throat infections, pneumonia, or pleurisy. It is important, therefore to start treatment at the first sign of a cold;

1. Drink plenty of fluids....water, fruit juices, soups etc. Eat lightly.
2. Drink a hot lemonade, take a hot bath, and go to bed immediately.
3. If the cold is accompanied by fever and aches and pains, call the doctor.
4. Cover your nose and mouth with a handkerchief or Kleenex when coughing or sneezing.
5. Blow your nose gently, otherwise you may force the germs into the sinus or middle ear and cause a serious infection.

To keep from having colds avoid:

1. People with colds....crowds, theatres, etc.
2. People who cough or sneeze carelessly.
3. Drafts, wet feet, wet clothing.
4. Chilling,....especially when the body is wet with perspiration.
5. Avoid poorly balanced diet and over-fatigue.

REMEMBER.....COUGHS AND SNEEZES SPREAD DISEASES.....

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This is your 4th

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