

How to Prevent Cold & Flu



1 Boost Your Immune System with Nutrition

Stay away from sugar, fast food & processed foods. Make sure to eat a balanced diet rich in vitamins & minerals that support immune function, such as vitamin C (found in citrus fruits, bell peppers, & leafy greens), vitamin D (from fortified foods or sunlight), & zinc (found in nuts, seeds, & whole grains). Include plenty of antioxidant-rich foods like berries & colorful vegetables to help fight off infections.

2 Wash Your Hands Frequently

One of the simplest but most effective ways to prevent the spread of germs is washing your hands regularly. Cold & flu viruses can linger on surfaces & be transferred through touch, so make it a habit to wash your hands with soap & water for at least 20 seconds, especially before eating or touching your face. If soap & water aren't available, use hand sanitizer with at least 60% alcohol.

3 Stay Active to Support Circulation & Immunity

Regular physical activity can help strengthen your immune system & improve overall health. While it may be tempting to stay indoors during the colder months, try to maintain a consistent workout routine to keep your circulation flowing & your body resilient.

4 Get Enough Rest and Manage Stress

Sleep & stress management are essential for keeping your immune system strong. Aim for 7–9 hours of quality sleep each night to allow your body to repair & regenerate. Chronic stress can weaken your immune system, making you more susceptible to illness, so take time for relaxation & self-care. Practices deep breathing, or spending time in nature can help manage stress & promote better sleep.