



HEALTHY HYGIENE

COLD AND FLU SEASON

Brought to you by The Bailey Group's Well-Being & Engagement Team



Disclaimer: This packet is intended for informational purposes only. Readers should always consult with a doctor before making lifestyle or diet changes. Readers should seek medical attention immediately if extreme symptoms are experienced.



5 OFFICE GERM HOTSPOTS

SOURCE: Total Jobs

- 1. DESK:** Desks are one of the least hygienic places in the office and transfer a ton of germs. The average desk harbors 400 times more bacteria than the average toilet seat.
- 2. FRIDGE/WATER COOLER:** You can pick up bacteria and viruses from touching fridges and water coolers after colleagues have put their germs on them. There are also dangers in keeping food past its use-by date, A build-up of harmful bacteria in kitchens can lead to cross-contamination to your food, hands and utensils.
- 3. KEYBOARD AND MOUSE:** One study found more than 3,000 micro-organisms per square inch on keyboards and over 1,600 bacteria per square inch on a computer mouse.
- 4. DOOR HANDLES:** Door handles are one of the most-touched spots in the office and a chief spreader of viruses. Bathroom doors are the biggest concern. Studies show that 1 in 4 office workers don't wash their hands after using the bathroom.
- 5. PRINTER/COPIER:** Everyone touches the buttons on the copy machine, so you can pick up whatever germs are on their hands. The average printer/copier is touched up to 300 times a day, making it very easy to spread germs, viruses and bacteria.

4 WAYS TO PREVENT A COLD/FLU NATURALLY

SOURCE: [Mind.Body.Green](#)

1. WASH YOUR HANDS

Hand washing is your first defense against any infection, including the flu. Use warm water and soap and wash your hands thoroughly. If you don't have access to soap and water, hand sanitizer if your next best bet. Remember to wash your hands before meals and after commuting or being in other public spaces, like the gym, grocery store, or library. Cleaning your cellphone regularly is also a smart move.

2. REDUCE STRESS

Chronic stress can decrease your immune cell numbers and increase certain mechanisms that suppress your immune system. It also promotes inflammation, which makes you more susceptible to illness. Activities like meditation, journaling, exercise, and spending time outdoors are all proven ways to relieve stress.

3. PRIORITIZE GUT HEALTH

We should focus on our gut health year-round, but it's particularly important during flu season because a thriving microbiota leads to greater immune response. Taking a daily probiotic containing lactobacillus and bifidobacteria can improve your gut health. Eating whole foods, including lots of greens and other veggies, also helps to feed your gut bacteria beneficial prebiotics.

4. GET YOUR VITAMIN D

Vitamin D deficiency has been associated with increased susceptibility to infection due to its role in immune function. Get your levels checked and ask your doctor about supplementing if you're low. Fish like salmon, mackerel, and tuna are also good natural sources of vitamin D.

The Difference Between a Cold and the Flu

SOURCE: [CDC](#)

What's the difference?

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

How can you tell the difference?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Is it a cold or flu?



Signs and Symptoms

Influenza

Cold

Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

11 NATURAL TREATING TIPS FOR THE COLD AND FLU

SOURCE: [WebMD](#)



- 1. KNOW WHEN NOT TO TREAT YOUR SYMPTOMS:** Believe it or not, those annoying symptoms you're experiencing are part of the natural healing process – evidence that the immune system is battling illness. So, taking medication to reduce your symptoms isn't always the best option. A fever is your body's way of trying to kill viruses by creating a hotter-than-normal environment. Coughing clears your breathing passages of thick mucus that can carry germs to your lungs and the rest of your body. Take care of yourself, but know that the body is working hard to fight off the virus as quickly as possible!
- 2. BLOW YOUR NOSE OFTEN AND THE RIGHT WAY:** It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can carry germ-carrying phlegm back into your ear passages, so be careful.
- 3. TREAT THAT STUFFY NOSE WITH WARM SALTWATER:** Saltwater rinsing helps break nasal congestion, while also removing virus particles and bacteria from your nose.
- 4. STAY WARM AND RESTED:** Staying warm and resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle.
- 5. GARGLE:** Gargling can moisten a sore throat and bring temporary relief. Gargle with half a teaspoon of salt dissolved in 8 ounces warm water, four times daily.
- 6. DRINK HOT LIQUID:** Hot liquids relieve nasal congestion, prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat.
- 7. TAKE A STEAMY SHOWER:** Steamy showers moisturize your nasal passages and may help you relax.
- 8. USE A SALVE UNDER YOUR NOSE:** A small dab of mentholated salve under your nose can help to open breathing passages and restore the irritated skin at the base of the nose.
- 9. APPLY HOT OR COLD PACKS AROUND YOUR CONGESTED SINUSES:** You can apply heat by taking a damp washcloth and heating it for 55 seconds in a microwave (test the temperature first to make sure it's not too hot). A small bag of frozen peas works well as a cold pack.
- 10. SLEEP WITH AN EXTRA PILLOW:** Elevating your head will help relieve congested nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.
- 11. DON'T FLY UNLESS NECESSARY:** Flying with cold or flu congestion can temporarily damage your eardrums as a result of pressure changes during takeoff and landing. If you must fly, use a decongestant and carry a nasal spray with you to use just before takeoff and landing.

7 COLD AND FLU HOME REMEDIES

SOURCE: [Healthline](#)



There are plenty of natural home remedies that can alleviate your symptoms. Readers should understand that when it comes to vitamins, tolerance can vary. You should always consult with your doctor before making lifestyle or diet changes to determine the best options for you.



1. CHICKEN SOUP: Research suggests that chicken soup with vegetables can slow the movement of neutrophils in your body. Neutrophils are a common type of white blood cell which helps protect your body from infection. When they're moving slowly, they stay more concentrated in the areas of your body that require the most healing.



2. GINGER: A few slices of raw ginger root in boiling water may help soothe a cough or sore throat. Research suggests that it can also ward off the feelings of nausea that so often accompany influenza.



3. HONEY: Honey has a variety of antibacterial and antimicrobial properties. Drinking honey in tea with lemon can ease sore throat pain.



4. GARLIC: Garlic contains the compound allicin, which may have antimicrobial properties.



5. ECHINACEA: The active ingredients in echinacea include flavonoids, chemicals that have many therapeutic effects on the body. Results have been mixed, but some reviews have shown that it may lower your risk of developing the common cold and reduce the length of time that symptoms exist.



6. VITAMIN C: Vitamin C plays an important role in your body and has many health benefits. Getting enough vitamin C can relieve upper respiratory tract infections and other illnesses. Vitamin C can be found in limes, oranges, lemons grapefruits, leafy greens, and many other fruits and vegetables.



7. Probiotics: Probiotics are “friendly” bacteria and yeast that are found in your body, some foods, and supplements. They can help keep your gut and immune system healthy, and research indicates that probiotics may reduce your chance of getting sick with an upper respiratory infection.



15 RECIPES TO TRY IF YOU'RE BATTLING A COLD OR FLU

SOURCE: [Forkly](#)

While your illness may not go away no matter how hard you try, the key is to make it at least bearable so that you can get a good sleep! Check out these amazing recipes that will make your cold and flu experience a little healthier.

Click each item below for the recipe!

1. [Honey Lemon Ginger Jar](#)
2. [Tumeric Ginger Chicken Barley Soup](#)
3. [Slow Cooker Chicken Noodle Soup](#)
4. [Flu Buster Vegetable Soup](#)
5. [Detox Immune Boosting Chicken Soup](#)
6. [Cold-Busting Soup](#)
7. [Feel Better Vegan Pho](#)
8. [Master Immunity Boosting Smoothie](#)
9. [Honey Lemon Ginger Couch Drops](#)
10. [Homemade Electrolyte Drink](#)
11. [Turmeric Chicken Soup with Zoodles](#)
12. [The Ultimate Immune-Boosting Soup](#)
13. [Homemade Decongestant](#)
14. [Cold Buster Citrus Smoothie](#)
15. [Hydration Popsicles](#)



ADDITIONAL RESOURCES FOR COLD AND FLU SEASON

[CDC - PREVENT SEASONAL FLU](#)

[CDC - FLU SYMPTOMS & DIAGNOSIS](#)

[CDC - FLU TREATMENT](#)

[CDC - SCHOOLS, BUSINESSES & TRAVELERS](#)

[CDC - FLU ACTIVITY & SURVEILLANCE](#)



VIDEO RESOURCES

[COLD & FLU SEASON: TIPS & TRICKS TO STAY HEALTHY \(10:33\)](#)

[DR. MERCOLA: FIRST THING TO DO WHEN A COLD OR FLU STRIKES \(11:05\)](#)

[NATURAL FLU TREATMENT: 9 FLU BUSTERS \(10:39\)](#)

[THE BASICS: FLU SYMPTOMS AND TREATMENTS \(1:06\)](#)

[TIPS TO STOP THE SPREAD OF FLU WITHIN YOUR HOME \(1:12\)](#)

[4 WAYS YOU'RE MAKING YOUR COLD WORSE \(0:57\)](#)