



## The Common Cold – An Uncommon Nuisance!

It may be referred to as the “common cold,” but there’s nothing common or pleasant about the irritating stuffy nose, sore throat, fever, aches, and congestion that makes up this winter nuisance. According to the Mayo Clinic, adults are likely to catch two to four colds each year, while children may come down with the “sniffles” up to ten times during the same period. Here are some simple tips that may help you avoid your next bout with the bug:

- The cold virus is most often transferred through touching your hands to your eyes, mouth, and nose. Wash your hands regularly with soap and hot water, especially when you’ve been out in public; and keep an alcohol-based hand sanitizer in your purse, car, and/or workstation for use when soap and water are not available.
- Avoid using a public or communal phone if possible.
- Use alcohol wipes or a spray disinfectant on any home phone used by a cold sufferer.
- Did we mention washing your hands often?
- Don’t share a cup, glass, or any eating utensil.
- And we can’t repeat enough – wash your hands often!

Source: American Cancer Society



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).

Contact [wellness@teamhealth.com](mailto:wellness@teamhealth.com) with any questions you may have.