



## Prevent the spread of colds & flu

Despite Covid19, "normal winter cold and flu viruses have not disappeared.

There are various theories around why they are usually more prevalent in winter, but nobody really knows. There is much we can do to reduce the spread. Viruses are spread by airborne droplets. Covering your mouth when you cough makes a big difference as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are fine.

Typically, people try to soldier on with a virus on board. Covid19 has changed that. Those not working at home need to stay home when unwell. This not only helps you get better quicker, but more importantly it makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread so stay home when sick!

There are no force fields but many ways you can make it less likely you will catch a virus. Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation guided relaxation herbal teas) has been shown to benefit immunity as does having adequate vitamin D levels.

Going forward the importance of preventing spread, including staying away from others when not well will hopefully stay with us.