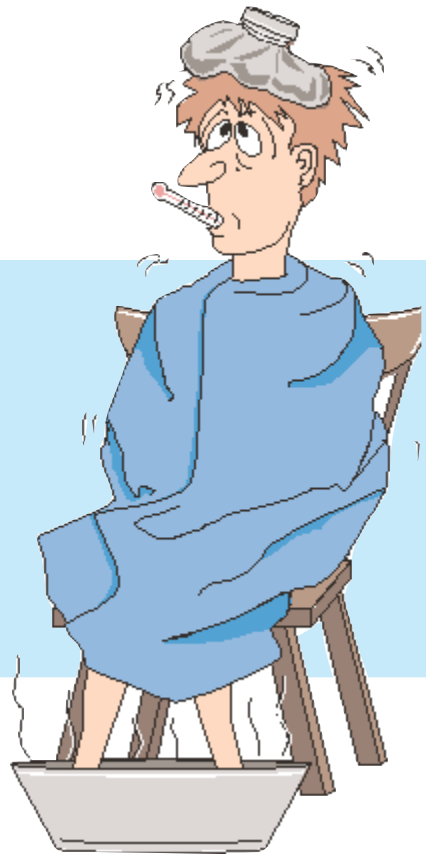


# The Common Cold



## What is the Common Cold?

We call it the “common cold” for a good reason. There are over *one billion* colds in the United States each year. You and your children will probably have more colds than any other type of illness. Parents often get colds from the kids. It’s the most common reason that children miss school and parents miss work.

## Signs & Symptoms of a Cold:

- Sore throat
- Stuffy nose
- Runny nose
- Cough
- Mild fever
- Congestion
- Slight body aches or a mild headache
- Sneezing
- Watery eyes



# How to Prevent the Cold:

Wash your hands frequently.

Cough and sneeze into a tissue or into your hands. Wash your hands afterwards.



Wash any shared surfaces frequently. Viruses can live on surfaces for several hours.

Get enough sleep and stay well rested.

Avoid alcohol, caffeine, and cigarette smoke which can all make your symptoms worse.

Drink a lot of fluids. Water, juice, and warm soup are all good choices.



Eat dark green foods like spinach are loaded with vitamins A and C.

Regular exercise boots the immune system. People who exercise may still catch a virus, but they have less severe symptoms and recover more quickly.



## Top 5 Feel-Better Tips!

**1. Bring on the heat.** hot drinks soothe coughs and sore throats while also clearing mucus.

**2. Rest.** Take a nap or go to bed a little earlier for a few nights.

**3. Blow your horn.** Blowing your nose is the best way to get rid of mucus.

**4. Get steamed up.** A steamy shower helps stuffy or irritated noses.

**5. De-stress.** Relax, use time to read, listen to music or watch a movie.



# Attention CHW Conference Attendees:



## CONFERENCE AGENDA

### Wednesday

- ◆Registration
- ◆DISC Profile
- ◆Group Picture
- ◆Luncheon
- ◆“Talking Shop” Sessions
- ◆Free Time

### Thursday

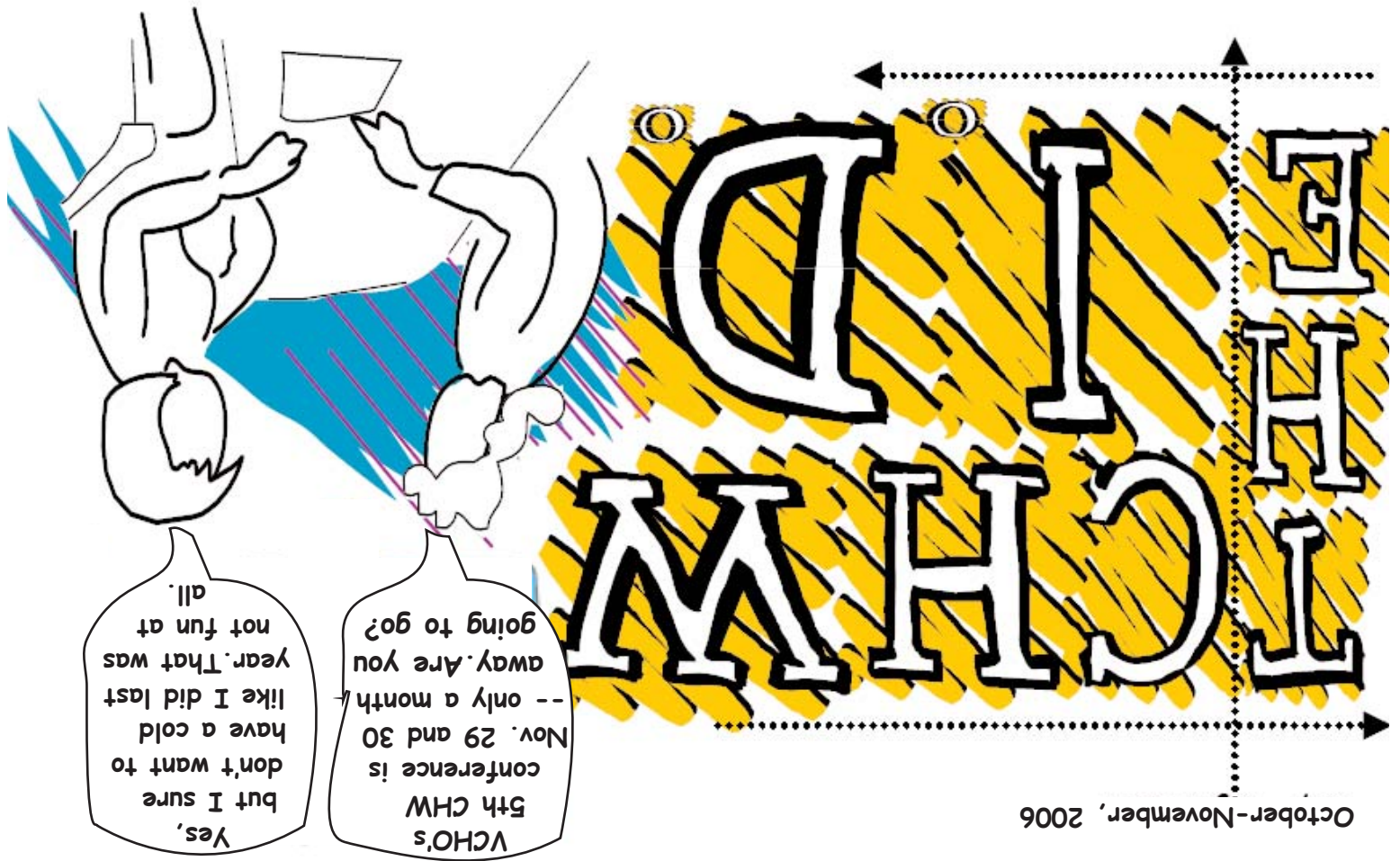
- ◆Breakfast Buffet
- ◆VCHO Advisory Council Meeting
- ◆Workshops
- ◆Break
- ◆Workshops
- ◆Awards Ceremony
- ◆Luncheon

# Arrive Early!

**WORKSHOPS START AT 10:00.**



2006 CHW Conference ♦ Novemeber 29-39 ♦ Sheraton West Hotel ♦ Richmond, VA



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