

# Cold and Flu Season

By Danielle Ross

The leaves are falling, temperatures are cooling, and fall has arrived but so has cold and flu season. With the coronavirus still a threat this year, it is more important than ever to prevent yourself from getting sick. There is a ton of information out there on how to stay healthy. So much in fact it can be overwhelming. Here at [Drake Wellness](#), we want to save you the time of looking for ways to stay healthy and provide you with the information. You can start by boosting your immune system and practicing good hygiene.

## Boost your immune system

- Get plenty of sleep. Research has shown a direct connection with the [circadian sleep cycle and the immune system](#).
- Eat healthy. Our body needs proper nutrition to fight off foreign bacteria and viruses. You should make sure that you are getting plenty of fruits and vegetables.
- Drink plenty of water. You need to stay hydrated so that the body can function properly. You should be drinking at least 8 glasses of water a day.
- Take your recommended daily vitamins. If you are not getting enough nutrition with what you are eating, then it is recommended to take daily vitamins.
- Make sure you are getting enough [Vitamin C and Zinc](#). Vitamin C and Zinc have been proven to support the immune system and reduce the number of sick days.
- Reduce any stress. Stress is known to weaken your immune system. There are many ways to reduce your stress. Practice mindfulness or meditation, exercise, or take time to have fun.
- Exercise regularly. [Exercising](#) regularly not only reduces your stress but boost your immune system.

## Practice good hygiene

- Wash your hands often and use hand sanitizer when you are unable to wash your hands.
- DO NOT TOUCH YOUR FACE WITH UNSANITIZED HANDS! This is the fastest way to get sick. The mucus membrane in our eyes, nose, and mouth are the easiest way for bacteria and viruses to invade our bodies.
- Wear a mask when you go anywhere where social distancing is not an option.
- [Wash bedding](#) every couple of weeks or at least monthly. When you are sick you should wash them as soon as you get better to prevent getting sick again.
- Keep where you reside [clean and disinfected](#).

Check us out at [Drake Rec Services](#) for more information about disinfecting your house.

