



# Staying Healthy During Cold Season

## The Common Cold

A cold is an infection of the upper respiratory system. This means it can affect the nose, throat, and sinuses. A cold virus spreads through germs that are on surfaces or in the air. This can happen if you touch a door knob or table and then touch your eyes or mouth, you eat or drink after a sick person, or they cough or sneeze near you and the germs go airborne and get into your system.

Your immune system defends your body against illness. White blood cells are the immune system's little fighters! They help you feel better by fighting off germs that cause the cold virus.

Here are some symptoms of having a cold:

- Runny nose
- Congestion (stuffy nose)
- Low fever of 100-101 degrees
- Itchy, sore throat

- Body aches or chills
- Sneezing and itchy eyes
- Feeling tired or not hungry



Always sneeze or cough into a tissue or your inner

The Neighborhood Center, Inc.

Kin and Kids Outreach

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Visit these websites with your parent's permission to learn how to stay healthy!

[www.kidshealth.org](http://www.kidshealth.org)

[www.kids.usa.gov](http://www.kids.usa.gov)

## Tips to Keep the Germs Away!

Here are some tips to stay healthy this cold season:

- Wash your hands frequently with warm water and soap, or use an alcohol based hand sanitizer like Germ-X
- Don't share food or drinks with someone who is sick
- Avoid touching your face and eyes
- Eat healthy foods and get plenty of sleep

Contact the Kin and Kids Outreach program with questions you may have at 315-272-2760