



20 SURPRISING WAYS TO PREVENT COLDS AND FLU

healthysole.com

We found this great article over at [health.com](#) offering 20 ways to fight off bugs. The author points out that when someone in an office is sick, it only takes four hours for surfaces like coffeepot handles, copy-machine buttons and the fridge door to show traces of infectious virus. You pick up those germs around the office and then take them home on the bottoms of your shoes, where they live the longest. Before long, slight gusts caused by walking through a room have swept them from the floor up into the air and onto surfaces throughout your own home where your family picks them up. Our favorite way to kill germs before they enter your home is of course, by way of [HealthySole!](#)

Now here are those other tips!

From sleeping in to using vodka in place of hand sanitizer, check out the surprising stay-well secrets that real experts swear by.

You've got to act fast to fight off colds and flu. Case in point: University of Arizona scientists have found that when someone is sick in an office, it takes only four hours (!) for surfaces like coffeepot handles, copy-machine buttons and the fridge door to show traces of infectious virus. Considering that the 2012 flu season was one of the worst on record, it's well worth arming yourself against aches, cough, fever and general misery. For reality-tested tips that actually work, we turned to doctors, politicians, makeup artists and other brave souls who are exposed to viruses every day. Steal their strategies to win the war against germs this winter.

4. Wipe out

"Gyms are crawling with sweaty towels, dirty sneakers and other germy grossness. Instead of sitting directly on a mat or bench, I'll place a clean towel on it first. Any equipment that I have to touch—like free weights or bicycle handlebars— I'll clean first with antibacterial wipes."

—Franci Cohen, group-exercise instructor and owner of Fuel Fitness, in Brooklyn, N.Y.