

# Health

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## 20 Surprising Ways to Prevent Colds and Flu

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

### 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.*