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Don't let these misconceptions Catch you cold!!



It's that season again! Coughing, hacking, and sneezing surround you everywhere. How can you protect yourself? Just like with your finances and investments, the best way to protect yourself is with information.

Unfortunately, a lot of the commonly held beliefs about colds turn out to be inaccurate. For instance, did you know:

Colds are NOT spread by...coughing and sneezing. The cold virus is usually spread by hand-to-hand, hand-to-nose, or hand-to-object contact. When someone with a cold rubs their nose or eyes with their hands and then they touch an object...presto! Instant cold transfer device! The virus can survive up to 48 hours waiting for its next victim. So be less worried about someone sneezing on you and more worried about that innocent looking handrail.

People with colds are infectious...before they experience symptoms. You are most contagious 24 hours before you even experience symptoms. You may feel completely healthy but the virus is busy incubating and spreading to more unknown victims through shaking a hand or grabbing a door knob. So always wash your hands EVEN if the person you just shook hands with looks completely healthy!

Antibacterial soap does NOT...kill the virus that causes colds. Your best defense is washing your hands with warm, soapy water (any old soap will do) for one full minute! It's the time spent under the warm, soapy water that removes the virus from your hands, not the soap. However, if you are not around running water, the alcohol based cleaners like Purell or Nexcare or even the alcohol towelette hand cleaners will do in a pinch.

Being cold does not...increase the likelihood of you getting a cold. There is absolutely no evidence, though many studies have been conducted, that being damp and cold can cause you to actually catch a cold.

Vitamin C does not...prevent or shorten colds. There has been no conclusive evidence whatsoever to indicate that taking vitamin C helps with colds. There has been some increasing evidence that taking Zinc at the onset of a cold will shorten it. Caution: Zinc should only be taken at the onset of symptoms, not to prevent a cold. As with anything, taking more than the recommend amount of Zinc can cause problems as well.

You get fewer colds as you get...OLDER! Every time you got a cold over your lifetime you built immunity toward that particular virus. There are just about 200 different cold viruses, so by the time you are retired, you have already built up resistance to many of them, giving you lifetime immunity to many of the cold viruses you have already experienced. See! Getting older is getting better!

Hot tea is helpful...at reducing cold symptoms. Black and green tea contain an ingredient that actually helps open passageways making breathing easier. The hot liquid and steam also help to thin out the mucus and promotes drainage. Mom's chicken soup helps only to ease congestion due to the heat and steam. It has not been shown to affect the cold virus itself...but heck, it always makes me feel better regardless of what the experts say!

Hope this helps you better understand how to protect yourself from a cold. Sometimes the most common things are the most misunderstood.



*Let him that
would move
the world first
move
himself.*

-
Socrates



*Always do
right - this
will gratify
some and
astonish the
rest.*

- Mark
Twain



*The true
measure of a
man is how
he treats
someone
who can do
him
absolutely no
good.*

- Ann
Landers



Timely Tips from Donald O'Connor