

Facing the FEVER

Top tips to fight flu season

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quick f. sick fixes

Before you snatch up the entire pharmaceutical counter, try these old wives' tales remedy your ache and pains.

Chicken Soup

They say warm chicken soup is good for the soul, but it also helps keep your blood circulating, fighting off those pesky pathogens.



Honey

When coughing your brains out, soothe your scratchy throat with a spoonful of thick, sugary honey, honey.



Peppermint Oil

Stuffy nose? Rub some peppermint essential oil directly under your nostrils. Breathing in the fumes helps open up sinuses and stops the sniffles.



Vitamin C

Fairly well-known, vitamin C aids in building up the immune system and is found in a plethora of fruits and vegetables, especially citrus fruits. To keep your body in tip-top shape, guzzle some orange juice in the mornings or sneak in some lemon every now and then.



Sick season has come sweeping in, infecting the halls with its symphony of hacks, wheezes and sneezes. As malady and Motrin battle it out during these germ-infested times, students are increasingly finding themselves being put on house arrest due to a vigorous case of the sniffles and a raging 103 degree temperature.

While it may seem that no one is safe from the common cold's wrath, there are a few ways to keep from falling into feverish conditions.

1 Wash your hands

This might appear to be an obvious solution after the hygiene lectures that have been hurled at students since elementary school, but the fact remains that people often find themselves too rushed or distracted to deal with the menial task of washing their hands. Germs take full advantage of this opportunity to attack, so lather on the soap and keep your mitts squeaky clean.

2 Drink up

Drinking eight glasses of water a day is recommended to keep the body sufficiently hydrated. Replenishing yourself with water regulates your body, flushes toxins— which contribute to overall achiness— out, and maintains a healthy immune system. Dehydration can lead to weakness and further susceptibility to illness, so start chugging.

3 Sleep

Even though sometimes late nights are inevitable in order to finish that physics homework or study for a history test, try not to make these midnight study sessions too much of a habit. A lack of rest can leave you exhausted and beat down your immune system immensely, making it a necessity to know when to close the books and hit the hay.

4 Eat well

Food is the fuel that keeps the body going and protects it from contracting illness. Scarfing down vitamin-rich foods can help strengthen the immune system and fight off infection, but it is also imperative to eat healthy portions as well. Eating too little can leave the body feeling faint with no energy or defence against germs.

5 Hands to yourself

Pathogens are lurking around every corner, and no one can be trusted. Avoid touching doorknobs with your bare hands or making too much contact with that sniffy kid in your fifth period class. While it's impossible to totally create a personal bubble of health, protecting your body from unnecessary germ-collision is a feasible and effective approach to keeping well.

STAY HOME IF

- You have a fever
- You have thrown up in the last 24 hours
- You have pink eye
- You are coughing up phlegm or other fluids



During sick season, it's important to cough or sneeze into your elbow so as to not infect others.
photo by r. lewis