

10 tips to prevent flu, rhinitis, runny nose ... winter

Cough, sore throat, rhinitis, runny nose ... all start with colds. Want to prevent coughing, you must pay attention to prevent disease. Here are 10 tips to help you get rid of a cough.

My grandparents often have the phrase "prevention is better than cure" so when the weather is cold or cold, we should protect our health before needing help from antibiotics.

When the sky turns cold, our resistance is almost weakened, now if you are in contact with people who have colds, runny nose, sore throat . then you are most likely to be infected, by diseases. This is often related to the respiratory tract. Therefore, to prevent these diseases effectively, you should pocket the following 10 measures to protect your health and your loved ones.

1. Exercise regularly



Exercise is a way to help your body strengthen its resistance, helping your body to be flexible in dealing with different types of illnesses.

2. Should pay attention to the climate

In winter you should regularly update weather information or pay attention to the outdoor temperature so you can wear more or reduce the shirt, make sure the body does not fall into the state of being too hot or too cold.

3. Limit to crowded places



Except where required, you should limit yourself to public places, gather large numbers of people to reduce the risk of infection from people around you. During a disease outbreak, when going out, it is best to use a mask to protect your health.

4. Pay attention to the diet

A healthy and frugal diet will make your body healthier. Should limit the type of sweet food or too much grease, will cause the body to encounter more problems.

In addition, according to the concept of Oriental medicine, some cold attribute foods such as shrimp, crab, frozen fish containing macromolecules can easily lead to allergies, sensitive people may appear cough due to allergies. , so do not eat much.

5. Open the window so that indoor air is circulated



In winter, many families have a habit of closing the door so that the cold wind does not get in, but this is not good at all, especially when your family has people with flu or infectious diseases. Because when closed, the air will not be exchanged, the viruses that cause disease are still around the environment, making everyone in the family vulnerable to disease. So in the winter or summer, strengthen the window to change the indoor air, and you can also disinfect it by spraying with disinfectant vinegar, preventing the virus from spreading.

6. Vaccination

Pay attention to timely vaccination to prevent the occurrence of infectious diseases.

7. To prevent coughing first, avoid colds



In order not to cough, you need to fight colds first. If you want to prevent colds, you should increase your physical activity and exercise to strengthen your resistance, thereby avoiding colds.

8. Balance, regulate life

You should increase the adjustment of living and balance life mode, eat reasonably, ensure sleep, the environment in the room needs to be quiet, clean, the air must be fresh and clean.

9. Eat more pears and turnips



Oriental medicine believes that eating an appropriate amount of pears and turnips will provide some preventive effects for coughs.

10. Notice the contact environment

There are many reasons for chronic cough related to allergies, so patients with coughing should not be exposed to allergens, such as: smoke, dust, pets, pollen, cold air, paint, allergy medicine, allergenic food. Do not abuse antibiotics after getting sick.

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