# Cold Comfort

'Tis tissue season, but that doesn't mean you have to catch a nasty cold.

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With temperatures dropping and chilly winds blowing, are people heading inside to get warm and... catch colds?

"In cooler weather, more people stay indoors where they are exposed to more viruses," says Timothy Vavra, DO, an associate professor of medicine at Loyola University in Illinois.

What's really uncool is that there are more than 200 subtypes of viruses that can trigger the chills, sneezes and aches of the common cold. But there's an easy way to stay healthy. "Stay away from people who have a cold, and wash your hands," Vavra says.

If you do catch a cold, expect up to 10 days of symptoms including a sore throat, congestion and cough. Just treat the symptoms with over-the-counter meds while the virus leaves your system, Vavra says.

And for year-round health: "Get a good night's rest, exercise, eat a healthy diet and wash your hands often," Vavra says.

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http://beta.docker.realhealthmag.com/article/Tissue-Cold-Temperature-21079-4898