

# Tips for How to Prevent a Cold When You Feel It Coming

*Don't have time for a cold? We don't blame you. Whether you've been around an ill person or just feel a bit icky, you have some options to stop a cold ASAP. Check out these tips for preventing a cold..*

## Did You Know?

There are more than **200** viruses known to cause the common cold.

## Six Cold Prevention Methods Worth Trying



### Try Zinc

One study suggests in BMJ Open reported using zinc can potentially stop respiratory infections and shorten the duration of a cold. Peaches, kiwi, guavas, and avocados all contain zinc, but you can also opt for a supplement.



### Take an Epsom Salt Bath

Epsom salt contains two key ingredients: sulfate and magnesium. Paired together, it's believed these can detoxify the body and reduce inflammation.



### Wash Your Hands

This is one of the top ways to prevent colds. Just wash your hands for 30 seconds with warm, soapy water. Dry your hands thoroughly to reduce the spread of germs, too.



### Try Echinacea

Echinacea is often used to shorten a cold's length and reduce symptoms like fever or sore throat. Some studies indicate it may help you feel better faster



### Eat Immunity Superstars

Aim to eat a colorful diet to get a natural boost of immunity. Options like chile peppers, strawberries, butternut squash, and bell peppers contain vitamins like C and A to help keep the immune system strong.



### Use Saline Rinses

The use of nasal irrigation products is an excellent way to reduce congestion and clean out the sinuses. It's been shown to be effective for clearing congestion for those suffering from allergies, colds, sinus infections, and other issues.

## Stay Home and Get Well

Above all, it's most important to rest and catch up on sleep when you're feeling run down. Doing so can help you feel better faster or even stave off a cold completely. Listen to your body and honor it by taking care of it with rest, hydration, and plenty of healthy foods.