



Office of Coordinated School Health

Fighting Colds

Colds can take advantage of several weaknesses in our immune system. There are many ways we allow this to happen without realizing it.

- If you are eating too much sugar, this becomes your own worst enemy for your immune system. Sugar raises your insulin level which suppresses the release of growth hormones, which then causes your immune system to be less effective.
- If you are not getting enough sleep that your body needs to rest to be able to fight off colds. When we don't get enough rest, we often do not feel up to doing certain tasks and our body reacts the same way without proper rest it is not able to effectively fight off colds.
- If you are not exercising regularly. Physical activity increases your circulation and this allows your immune system to work more effectively and because of this increased activity, infections are more likely to be detected at an earlier stage.
- As a final point, be sure to wash your hands often. This is one of the most effective ways to prevent the spread of colds.

"This communication does not constitute medical advice and you should always consult a qualified medical practitioner for personal medical advice on this and any other subject."