

Maggie's Health Tips



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A cold for the holidays?

Holiday break is no time to have a cold. There's too much fun going on to miss because your head is blocked up and your nose won't stop running.



Wash your hands like Maggie to kill germs.

Here are some feel-better tips if you get a cold:

- **Bring on the heat.** Hot drinks and chicken soup are good for your throat and cough.
- **Get steamed up.** A steamy shower or humidifier helps stuffy or irritated noses.
- **Honk your horn.** Blowing your nose is the best way to get rid of mucus.
- **Rest.** Take a nap or go to bed a little earlier for a few nights.
- **De-stress.** Relax and use the time to read, listen to music, or watch a movie.

Be sure to tell your parents to take you to your doctor. He/she can give you some medicine that might make you feel better faster.



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Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (Relay 711).

This is not part of the publication. This is the FK Reading Level box.

Readability Statistics	
Counts	
Words	151
Characters	628
Paragraphs	11
Sentences	15
Averages	
Sentences per Paragraph	1.8
Words per Sentence	8.9
Characters per Word	3.9
Readability	
Passive Sentences	6%
Flesch Reading Ease	92.3
Flesch-Kincaid Grade Level	2.5