



# Don't Get Sick.: A Panic-Free Pocket Guide to Living in a Germ-Filled World

*The Editors of Prevention Magazine*

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The next best thing to a cure for the common cold?proven strategies to outsmart germs and help you stay disease-free

Coming down with the latest bug to make the rounds will never be on anyone's to-do list. After all, who has time to be laid up by, say, a cold or the flu? And now that the germs are getting bigger and badder, there's even more reason to try to stay healthy.

Don't Get Sick - by the editors of Prevention - makes the case for smart self-care as the key to stopping the spread of infectious illness. While germs may not be 100 percent avoidable, there's a lot that people can do to reduce their exposure and strengthen their natural defenses. Drawing on scientific research and expert interviews, Don't Get Sick reveals:

- where germs are most likely to linger
- how nurses, teachers, and others in high-risk professions manage to outsmart illness
- which immune-boosting products really work?and which aren't worth the money

Packed with real-world advice, along with a healthy dose of perspective on swine flu and other health risks, Don't Get Sick is a must-have resource for anyone concerned about their health.

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