

How to avoid contracting a winter illness

Avoid the virus altogether

Obviously a lack of exposure to the virus will dramatically reduce the chances of contracting an infection; however avoiding the virus is not always that easy. The best method of reducing contact with the virus is giving cold sufferers a wide berth. Also if you are ill please contact Dr Derek Martin as he will be able to tell you whether you are infectious and therefore whether you should be training. You can also minimise passing on your cold by ensuring that you cough and sneeze into tissues and throw them away after use.



Hygiene & Hand Washing



Cold viruses are often introduced into the body from the hands and it is easy to pick up viruses by touching contaminated surfaces, or by shaking hands with infected individuals. Please ensure that you carry anti-bacterial hand gel with you at all times so that you can keep your hands clean. In addition regular and thorough hand washing throughout the day will reduce the chances of infection.

Rest & Recovery

During the winter it is particularly important for athletes to ensure that they gain adequate rest between sessions, sleep at night and reduce both psychological and physiological stress. This will ensure that you stay as healthy as possible when your immunity is reduced during periods of heavy training.