

## Your Family Flu-Prevention Plan

Top medical experts weigh in with the 10 best ways to boost your family's immune systems and fend off H1N1 and other nasty viruses.



**M**any experts, and most moms, are bracing for a more-difficult-than-usual cold and flu season this winter, thanks to swine flu, or the H1N1 virus. As of early October, visits to doctors for influenza-like illnesses were increasing at a rate that is “very unusual for this time of year,” according to the Centers for Disease Control and Prevention—and 76 pediatric deaths attributed to H1N1 had been reported.

Despite all the scary news coverage, though, there's no reason to panic. There are simple steps you can take to protect your family. While no one can predict how widespread or severe swine flu may become, it's important to follow these preventive measures. After all, they can help you fight regular flu and colds, too. We asked experts for the latest news on what you can do to strengthen your immune system, limit your exposure to germs and stay healthy.