

What are cold sores? | Who gets colds sores? | **Tips to help avoid cold sores**

Tips to help avoid cold sores

Unfortunately it can be difficult to avoid getting a cold sore if you are prone to them. Whatever time of the year, cold sores abound! Winter is a prime time for cold sores, which are triggered by a weakening of the body's defences. Extreme weather changes, having a cold or flu, or getting an extra dose of sunshine on your skiing holiday can all make you more vulnerable.

- Make sure you drink plenty of water little and often, so that your lips don't dehydrate
- If you wear lipsticks or lipglosses, avoid sharing them with friends as this is a sure fire way to spread the cold sore infection
- Avoid picking the cold sore as this can spread the virus to other parts of the body or allow the sore to become infected
- Wash your hands after touching the cold sore
- The infection can be spread to the eyes and damage vision so ensure you wash your hands thoroughly before touching your eyes, for example for inserting/removing contact lenses
- Avoid sharing cups, towels or other objects with anyone - and don't kiss anyone!
- If you know what triggers your cold sore attacks try to avoid these situations for example try using a lip sunblock if sunlight causes attacks, reduce stress and eat healthily

Reference: www.netdoctor.co.uk and www.nhsdirect.nhs.uk



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