

OK! STYLE WEEK BODY & S

Stars like Katie Holmes know that frequent washing of everyday items, like Suri's toys and backpack, helps keep them germ-free.

**STARS
FIGHT THE
SNIFFLES,
TOO!**

**WINTER IS
COMING! OK!
REVEALS HOW
TO AVOID
GETTING SICK
DURING THE
SEASON**

**DON'T GET
BUGGED BY**

**COLDS
AND FLU**



Stars can hardly hit the red carpet with runny noses and coughs making them hack up a storm! So we found their A-list tricks to help keep cold free this winter!

WASH UP

After starring in the plague movie *Contagion* last year, **Matt Damon** got serious about avoiding germs. "I probably wash my hands more than I used to," he admits. And **Cameron Diaz** washes her hands "many times" a day and avoids touching door knobs. "I'm not scared of germs," Cameron says. "I am just aware of them."

They've got the right idea: The easiest and most effective way of keeping cold and flu germs at a distance is washing your hands for at least 20 seconds with warm water and a liquid antibacterial soap.

"Viruses and colds are spread by hand-to-hand contact, so you want to keep yours clean," says Dr. Maritza Baez of Buffalo, N.Y. "You should also frequently clean surfaces you touch everyday, such as your phone, computer keyboard, doorknobs, children's toys, stair rails and



Motherhood made Jennifer Lopez a germaphobe. She always keeps antibacterial wipes handy.

counters," recommends Dr. Baez, as germs can live up to 48 hours!

EAT RIGHT

Yogurt, especially the dense Greek kind, has become very trendy with celebs like **Maria Menounos** and **Jennie Garth** among its fans — but it also might help prevent colds! "Yogurt has probiotics (or 'live active cultures'), healthy bacteria that keep your GI tract free of disease-causing germs," says Patricia Bannan, registered dietitian and author of *Eat Right When Time is Tight*. "Aim for two, 6-ounce servings per day and choose organic when possible."

You can also get your vitamins from food. Broccoli, potatoes, kale and chili peppers are high in vitamin C. Or "Enjoy a whole grapefruit each morning for just 75 calories and more than 100 percent of your daily vitamin C needs," says nutritionist Kate Geagan, author of *Go Green, Get Lean*. Grapefruit, oranges and tangerines also contain flavonoids, compounds that fire up your immune system.

And if you do catch a cold or the flu, despite all these precautions: rest! "You should devote all your energy to fighting the cold," says Dr. Baez. "If you stress your body out, it will take longer to recover."

OK!

— Louise Barile



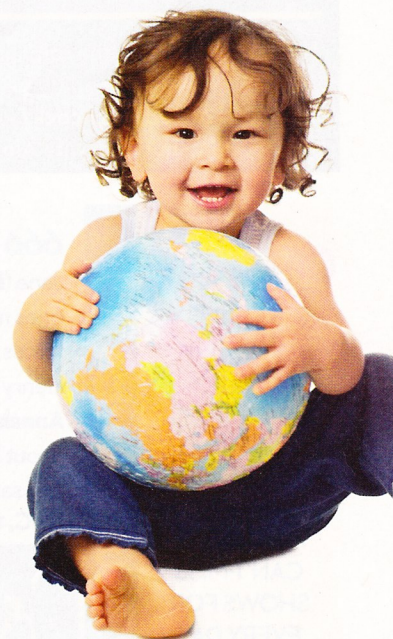
Matt is big on washing his hands!

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