

Colds capture High Country: Be prepared

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In case you haven't heard, a cold's going around.

According to Watauga County Health Department's Debbie Garrett, there's only one way to keep from being a victim.

"Wash your hands, wash your hands, wash your hands."

Soap and warm water works best, she says.

If you're among the sick, check with your healthcare provider if symptoms don't improve in a few days. Drink plenty of liquids, rest, and most importantly-

"If you're sick and running a fever and you think you might be contagious, stay home and don't spread it to your coworkers."