



With all the news and travel cancellations about the illness, I want to protect myself on the next trip. Should I take my vitamins? *RRJ, Camden NJ*

A: They may not help much, but they can't hurt. Many frequent flyers start taking extra vitamins several days before traveling. The National Institutes of Health says no conclusive data has shown that large doses of vitamin C will prevent colds and other virus diseases, but admits it may reduce the severity or duration of symptoms. Therefore, take your vitamins, but also take health and cleanliness precautions when you travel. This includes a kit of medicated wet wipes, face mask and medications to avoid the symptoms happening to you.