

## THE COMMON COLD

The Common Cold is an infection of the head and chest caused by a virus. It is a type of upper respiratory infection that can affect your nose, throat, and sinuses. A cold can affect the tube that connects your middle ear and throat, as well as your windpipe, voice-box, and airways.

### HOW DOES IT OCCUR?

Over 200 different viruses can cause colds. The infection spreads when viruses are passed to others by sneezing, coughing, or personal contact. You may also become infected by handling objects that were touched by someone with a cold.

#### **You are more likely to get a cold if:**

1. You are emotionally or physically stressed.
2. You are tired.
3. You do not have a healthy diet.
4. You are a smoker, or exposed to secondhand smoke.
5. You are living or working in crowded conditions.

### SYMPTOMS MAY INCLUDE:

- Scratchy or sore throat.
- Sneezing.
- Runny or stuffy nose.
- Cough and watery eyes.
- Ear congestion.
- Slight fever (99° to 100° F)
- Tiredness.
- Headache.
- Loss of appetite.

**Colds** can usually be diagnosed from your

symptoms. Common colds are different from the influenza (Flu). With the **Flu**, you develop fever and muscle aches within one to two hours. The symptoms of a cold develop more slowly and are usually milder. Your healthcare provider may need to examine you to rule out other serious infections, such as, Strep Throat & Sinusitis.

### TREATMENT OF THE COMMON COLD

- There are no medicines that cure a cold (sorry ☹️). You can treat your symptoms with non-prescription medicines, such as aspirin, Tylenol, Ibuprofen, nose drops or sprays, cough syrup and drops, throat lozenges, and decongestants; Vitamin C, Zinc, and Echinacea. Follow the age limit on the label.
- Turn away from others and use tissues when you cough or sneeze. Avoid close contact with people who have a cold.
- Wash your hands often, especially after coming in contact with someone who has a cold; use hand sanitizer.
- Eat a healthy diet (preferably liquids-chicken soup or broth; Powerade, Gatorade and Pedialyte help stabilize individuals who have depleted certain chemicals in their body in some way (restoring energy- read the label, every patient is different). But drink plenty of water!--Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which make dehydration worse.). Do not smoke!

*The steps of a good man are ordered by the Lord: and he delights in his way Psalm 37:23.  
Amen!*