
Common Cold Facts

- Cold are caused by viruses, over 200 viruses are responsible for causing cold like symptoms
- The only cure for a cold is time
- A runny nose and a slight cough are normal symptoms associated with a cold
- The main reason you catch a cold is because you picked up the virus with your hands from an object or from another person's hand, doorknobs, desktops and transferred it to your nose or eyes by touching your face
- Most likely way to catch a cold is from a friend is by shaking their hand or holding their hand
- A fever over (101°F) or 38°C may be indicative of the flu
- Antibiotics fight bacteria not viruses. A cold is a virus

The Common Cold



What is a Common Cold?

The common cold is an inflammation of the nose, throat (and sometimes lung membranes) Caused by a virus. Usually, cold symptoms last 7-10 days with the worst symptoms at 3-5 days.

Who Gets the Common Cold?

Anyone can get the common cold, especially when it is wide-spread in a community or campus.

What are the Symptoms of the Common Cold?

The usual cold symptoms are sore throat, fever, cough, runny nose (congestion), headache, body ache, fatigue and earache. You may experience one or all of those symptoms. Keep in mind that allergies and flu can cause similar symptoms.

How Can the Common Cold Be Treated?

Over the counter medications are available to relieve some of the symptoms of a cold, but the best thing anyone can do is rest, which conserves your energy so your body can fight the virus and helps build up resistance to complications. Staying in bed is not necessary unless you have a high fever, but it is smart to take it easy for a day or two.

Drink plenty of liquids. Fluids will help a lot! Drinking double or triple the amount of your usual daily fluid intake will help to reduce fever (excluding alcohol which has no benefit when you have a cold).



If you have a sore throat, gargle with warm salt and water (1/2 teaspoon salt to an 8 ounce glass of warm water). It helps soothe the throat and reduces swelling in the tissues. This is the safest, least expensive and probably the most effective treatment of a sore throat. Gargle every 3-4 hours. Also, sipping warm liquids like hot tea or soup can be soothing to the tissues of the throat and helps with healing by drawing circulation to the tissues.



- Hard candy or cough drops can also soothe your throat.
- Rest your voice as much as possible.
- Stop smoking or at least cut down.
- Cool air and humidity will help keep your throat moist and more comfortable.



A steamy shower or draping a towel over your head and holding it over a washbowl with the hot water running – these will help you break up the congestion and moisten your raw, dry throat



Nutrition – eat light, easily digestible meals. Concentrate on high vitamin C such as oranges, apples, melons, broccoli, tomatoes, green peppers, and potatoes with their skins.

Health care is available through health Services in the Dairy Building – Monday-Friday, 8:30-4:30, to assess and treat your cold symptoms.

If you have a high fever (38) and green sputum, you might want go to Health Services or to your doctor – check with Health Services for advice or call 811.
