



Understanding

The Common Cold

Common cold is a viral infection of the upper respiratory tract. It is caused by rhinoviruses, which invade the cells lining the nose and throat. The virus enters the body through the nose or mouth. The infection usually lasts for 7-10 days. A sore throat, cough and runny nose are common symptoms.

Common Cold Signs and Symptoms

Signs and Symptoms

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- | | | |
|-------------------|--------------------|-------------------|
| • Runny nose | • Coughing | • Sore throat |
| • Sneezing | • Hoarseness | • Fatigue |
| • Red, itchy eyes | • Stuffy nose | • Headache |
| • Fever | • Loss of appetite | • General malaise |

Common colds are not the same

The common cold is a viral infection of the upper respiratory tract. It is caused by rhinoviruses, which invade the cells lining the nose and throat. The virus enters the body through the nose or mouth. The infection usually lasts for 7-10 days. A sore throat, cough and runny nose are common symptoms.

- | | |
|---------------|-----------------|
| • Rhinovirus | • Adenovirus |
| • Coronavirus | • Parainfluenza |

Prevention and Management

The common cold is a viral infection of the upper respiratory tract. It is caused by rhinoviruses, which invade the cells lining the nose and throat. The virus enters the body through the nose or mouth. The infection usually lasts for 7-10 days. A sore throat, cough and runny nose are common symptoms.

- | | |
|--------------------------------------|----------------------------------|
| • Avoid contact with infected people | • Wash hands frequently |
| • Avoid sharing personal items | • Use tissues to sneeze or cough |
| • Avoid touching your face | • Stay hydrated |
| • Avoid going to crowded places | • Get plenty of rest |
| • Avoid going to school or work | • Eat healthy food |
| • Avoid going to public places | • Exercise regularly |
| • Avoid going to the gym | • Take vitamins |



When you sneeze, you should sneeze into your elbow.



Wash your hands frequently with soap and water.



Use tissues to sneeze or cough. Throw them away after use.



Stay hydrated by drinking plenty of water.



Get plenty of rest to help your body fight off the virus.



Eat healthy food to keep your immune system strong.

Understanding The Common Cold Anatomical Chart

Albert A Gayle



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