



# COMMON COLD

## What is the common cold?

The common cold is an illness often caused by **rhinovirus** resulting in uncomfortable **respiratory symptoms**.



## Symptoms:

- **sore throat**
- **runny nose**
- **cough**
- **sneezing**
- **headaches**
- **body aches**
- **congestion**

## How is it spread/caused?

- Can spread **through the air or close contact**
- Respiratory secretions of infected people can be transferred by
  - shaking hands
  - touching a surface with the virus on it then touching your eyes, mouth, or nose

## How are symptoms managed?

Because this is a viral infection, antibiotics will not help

- Get lots of **rest**
- Drink plenty of **water**
- Use **over the counter (OTC) medications** to treat symptoms, such as decongestants

## How is it prevented?

- **Wash hands** frequently
- **Avoid touching** your face
- **Stay away** from people who are sick

## Call UHS if:

- Your symptoms last longer than 10 days
- You experience severe or unusual symptoms; you may need testing for other illnesses
- You are at high risk for complications due to chronic health conditions

Check out the latest updates and details from **the CDC**:

