

The Common Cold

Bio 3320
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What is common cold?

- The common cold is a viral infection of your nose and throat (upper respiratory tract).
- It's usually harmless.
- Many types of viruses can cause a common cold.
- Children younger than 6 are at greatest risk of colds, but healthy adults can also expect to have two or three colds annually.
- It is probably the most common illness
- In the course of a year, people in the United States suffer 1 billion colds.

Symptoms

Symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus. Signs and symptoms, which can vary from person to person, might include:

- Runny or stuffy nose
- Sore throat
- Cough
- Slight body aches or a mild headache
- Sneezing
- Low-grade fever

Causes

- Although many types of viruses can cause a common cold, **rhinoviruses** are the most common culprit.
 - They are most active in early fall, spring, and summer. They cause 10%-40% of colds.
 - Rhinoviruses may also cause some sore throats, ear infections, and infections of the sinuses
 - Rhinoviruses easily pass from one person to another.
- A cold virus enters your body through your mouth, eyes or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks.
- It also spreads by hand-to-hand contact with someone who has a cold or by sharing contaminated objects, such as utensils, towels, toys or telephones. If you touch your eyes, nose or mouth after such contact or exposure, you're likely to catch a cold.
- Symptoms usually begin 2 or 3 days after infection and last 2 to 14 days.



HOME REMEDIES FOR THE **Common Cold**



CHICKEN SOUP



RAW HONEY



GARLIC



GINGER



BLACK PEPPER



MULLEIN TEA



RED ONION



CINNAMON



TURMERIC MILK



VITAMIN C



Risk Factors

These factors can increase your chances of getting a cold:

- **Age** - Children younger than 6 are at greatest risk of colds, especially if they spend time in child-care settings.
- **Weakened immune system** - Having a chronic illness or otherwise weakened immune system increases your risk.
- **Time of year** - Both children and adults are more susceptible to colds in fall and winter, but you can get a cold anytime.
- **Smoking** - You're more likely to catch a cold and to have more-severe colds if you're exposed to cigarette smoke.
- **Exposure** - If you're around many people, such as at school or on an airplane, you're likely to be exposed to viruses that cause colds.

Complications

- **Acute ear infection (otitis media)** - This occurs when bacteria or viruses enter the space behind the eardrum. Typical signs and symptoms include earaches and, in some cases, a green or yellow discharge from the nose or the return of a fever following a common cold.
- **Asthma** - A cold can trigger an asthma attack.
- **Acute sinusitis** - In adults or children, a common cold that doesn't resolve can lead to inflammation and infection of the sinuses (sinusitis).
- **Other secondary infections** - These include strep throat (streptococcal pharyngitis), pneumonia, and croup or bronchiolitis in children. These infections need to be treated by a doctor.

Prevention

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There's no vaccine for the common cold, but you can take common sense precautions to slow the spread of cold viruses:

- **Wash your hands** - Clean your hands thoroughly and often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.
- **Use tissues** - Sneeze and cough into tissues. Discard used tissues right away, then wash your hands carefully. sneeze or cough into the bend of your elbow when you don't have a tissue. So you cover your mouths without using your hands.
- **Don't share** - Don't share drinking glasses or utensils with other family members. Use your own glass or disposable cups when you or someone else is sick. Label the cup or glass with the name of the person with the cold.
- **Steer clear of colds** - Avoid close contact with anyone who has a cold.
- **Take care of yourself** - Eating well, getting exercise and enough sleep, and managing stress might help you keep colds at bay.

Treatment

There's no cure for the common cold. Antibiotics are of no use against cold viruses and shouldn't be used unless there's a bacterial infection.

But there are treatments that can make you feel better while you wait for the cold to go away on its own:

- Getting plenty of rest
- Drinking lots of fluids
- Gargling with warm salt water
- Using cough drops or throat sprays
- Taking over-the-counter pain or cold medicines

References

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Questions ??
