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seeing this page in error pleasecontact us. A cold is a very common mild viral infection. You can often treat a cold without seeing a GP. You should begin to feel better in about 1 to 2 weeks. There is a separate page on if your child has cold or flu symptoms. The main symptoms of a cold include: a sore throat a blocked or runny nose sneezing a cough a
hoarse voice generally feeling unwell Less common symptoms of a cold include: high temperature (fever) this is usually about 37C to 39C (98.6F to 102.2F) a headache earache severe earache may be a sign of a middle ear infection muscle aches loss of taste and smell mild irritation of your eyes a feeling of pressure in your ears and face are more
short of breath than usualhave pain when breathing in or coughingfeel confused, dizzy or lightheadedhave a very high or low temperature for example, you feel either hot or cold to touch or youre shiveringhave had a fever for more than 3 dayshave symptoms that are not improving or they are affecting your daily lifehave a long-term medical condition
for example, diabetes, or a heart, lung or kidney conditionhave a weakened immune system for example, because youre having chemotherapylf your GP is closed, phone 111. Speak to a pharmacist if you have a cold and would like advice and treatment. Find your local pharmacy Theres no cure for a cold, but there are things you can do to look after
yourself at home. You should begin to feel better in about 1 to 2 weeks. Do restdrink plenty of fluidseat healthilytake over-the-counter pain relief, such as paracetamol or ibuprofen, to relieve high temperature and achesuse decongestant sprays or tablets to relieve a blocked nosetry remedies such as gargling salt water and sucking on menthol sweets
Always read the leaflet that comes with your medicine before taking it. Follow the recommended dosage instructions. If youre not sure which treatments are suitable for you or your child, speak to a pharmacist for advice. Be careful not to use cough and cold medicines often
also contain paracetamol and ibuprofen so it can be easy to take more than the recommended dose. A person can start spreading a cold from a few days before their symptoms start until their symptoms have gone. You can catch the virus from an infectious person by: touching an object or surface contaminated by infected droplets and then touching
your mouth, nose or eyes touching the skin of someone who has the infected droplets on their skin and then touching your mouth, nose or eyes breathing in tiny droplets of fluid that contain the cold virus these are launched into the air when an infected person coughs or sneezes Different viruses can cause a cold. Its possible to have different colds
one after the other, as each one may be caused by a different virus. Do wash your hands often, especially before touching your nose or mouth and before handling foodalways sneeze and cough into tissuesthrow away used tissues straight away and wash your handsclean surfaces regularly use your own cup, plates, cutlery and kitchen utensils do not
share towels or toys with someone who has a cold It can sometimes be difficult to tell if you have a cold or flu, as the symptoms: come on quickly usually include a headache, high temperature (fever) and sore muscles make you feel too unwell to continue your usual activities Cold symptoms:
come on slowly mainly affect your nose and throat are fairly mild, so you can still get around and are usually well enough to go to work Colds usually clear up without causing any further problems. But the infection can sometimes spread to your chest, ears or sinuses. The common cold is a respiratory viral infection. It is one of the most common
illnesses, with adults contracting around two to three colds yearlykids contract even more. A cold is generally a mild infection that resolves in a few weeks with rest and plenty of fluids. However, a cold can become more serious, developing into pneumonia or bronchitis. This is more common in people with underlying health conditions, like asthma
This article explains a common cold's symptoms, treatment, and possible complications. eclipse images / Getty Images As a respiratory virus, colds have symptoms include: Most people do not experience a fever with a cold, although it is possible to have one. More than 200 and throat.
viruses cause a cold, but rhinovirus is the most common culprit. Flu (caused by the influenza virus) and COVID-19 share some symptoms with common colds that are caused by other viruses, making it difficult to diagnose the illness. However, some signs can distinguish one from another. Headaches, body aches, fatigue, breathing difficulties,
vomiting, or diarrhea indicate that you may be experiencing the flu or COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a COVID-19 instead of a cold. In addition, if you also have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell, you may have a covid have a loss of taste or smell have a loss of taste or 
overall health and if you have underlying health conditions or a weakened immune system. These factors could make the illness last longer or put you at a higher risk for complications. While colds can last up to two weeks, there are some things you can do to get rid of it or help yourself feel better. Unfortunately, antibiotics, which fight bacterial
infections, don't help a cold because viruses cause colds. In addition, there is no cure; your cold must run its course. The primary treatment for colds is to get lots of rest and drink plenty of fluids. Some other things may help you feel more comfortable, including: Using a humidifier helps keep the air moist, which can help with congestion and drainage.
Sitting in a steamy shower can also do the trick. Gargling warm salt water soothes sore throats. You may also find relief from cough drops, Popsicles, warm soups, and other soft foods. Saline nasal passages. OTC pain relievers, like Advil (ibuprofen),
Aleve (naproxen), or Tylenol (acetaminophen), and cold medications can reduce symptoms, but read labels carefully. Some cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines contain pain relievers, so do not exceed recommended dosages. Be especially careful with OTC children's cold medicines careful with OTC children's cold medicines careful with OTC children's careful with 
threatening side effects. Avoid these medicines until kids are older than 4.Instead, keep kids hydrated and use humidifiers and saline nose drops. You can use acetaminophen and ibuprofen for aches and fevers with guidance on dosage from a healthcare provider. Colds are very contagious. They are transmitted through the air and close, personal
contact. Colds are most contagious during the first few days of symptoms. The best way to avoid spreading your cold to others is to avoid spending time near people with compromised immune systems and lung diseases like asthma. Cover your nose and mouth with your elbow or a tissue when you cough or sneeze
and wash your hands frequently. Colds are often mild, and most people do not require medical attention for a cold; they usually resolve quickly and without complications. However, sometimes colds can develop into something more serious. If you or your child experiences the following, you should see a healthcare provider: Trouble breathing or rapid
breathingSymptoms of dehydration (feeling thirsty, having a dry nose and mouth, dizziness, headache, confusion)Feverlasting more than four daysSymptoms not improving after 10 daysSymptoms not improving after 10 daysSymptoms not improving after 10 daysSymptoms not improve but then get worseWorsening of chronic medical conditions.
complications, like asthma or lung disease, or are immunocompromised, you should take extra care to watch for early signs of complications associated with the common cold include: Complications from a cold can happen to
anyone, but they are more common in older people with lung disease, and those who are immunocompromised. While you can't always prevent catching a cold, there are some ways to lessen the chances. Prevention strategies include: Avoiding close contact with people who are sickWashing your hands frequently Covering your mouth
and nose when sneezing or coughingAvoiding touching your face, especially your eyes, nose, and mouthAvoiding smoking and secondhand smoke There is no vaccine for the common cold. Since so many viruses can cause the common cold and strains change frequently, developing a vaccine for the cold is difficult. Common cold symptoms typically
appear in stages. The common cold stages include early, active and late. Stage 1: Early (Days 1 to 3) Within one to three days of picking up a cold virus, you may notice a tickle in your throat. About half of all people with colds report a tickly or sore throat as their first symptom. Other common cold symptoms you may experience during this early stage
include: Sneezing. Runny nose. Stuffy nose (nasal congestion). Cough. Hoarseness. Stage 2: Active (Days 4 to 7) Symptoms in stage 3: Late (Days 8 to 10) Colds usually
begin to wind down during this stage. You may be free and clear at this point. But some symptoms can persist. Some people developed another infection or a
complication, such as bronchitis, sinusitis or pneumonia. What are the symptoms of the common cold in babies? Symptoms of colds in babies may include: Runny nose (the discharge may start clear; later, it becomes thicker and may be gray, yellow or green). Sneezing. Fever of 101 to 102 degrees Fahrenheit (38.3 to 38.9 degrees Celsius). Loss of
appetite. Increased drooling because of sore throat and difficulty swallowing. Cough. Irritability. Slightly swollen glands. How do cold symptoms differ from more severe infections in babies and children? If your child has any of the following symptoms, call their healthcare provider. These symptoms could mean that your child has something more serious
than a cold:Fever in an infant 2 months or younger. Difficulty breathing (especially if your babys or childs nostrils widen with each breath. Blue lips. Not eating or drinking, which could mean dehydration. Ear pain. Excessive crankiness or sleepiness. A cough that lasts more than 3
weeks. Your baby seems to be getting sicker. What causes the common cold? Rhinoviruses, can also cause up to 50% of common colds. There are more than 200 different rhinoviruses, can also cause the common cold? Rhinoviruses, such as coronaviruses, can also cause colds. More than 200 different rhinoviruses, can cause a cold. Is the common cold? Rhinoviruses, can also cause than 200 different rhinoviruses, can cause a cold. Is the common cold contagious? Yes. Colds spread easily
from person to person. For you to become infected, the virus has to get to one of your mucous membranes the moist lining of your nostrils, eyes or mouth. That happens when you touch a surface or breathe moist air that containing the cold
virus into the air. If you breathe in those droplets, the cold virus takes root in your nose. You can also leave virus particles on surfaces you touch when youre sick. If someone else touches their nostrils, eyes or mouth, the virus can get in. How long is the common cold contagious? You can be contagious for up to two
weeks, even spreading a cold a day or two before you have symptoms. But youre most contagious when your symptoms are at their worst usually the first three days you feel sick. What is the common cold incubation period? The incubation period? The incubation period? The incubation period is the time between when your symptoms first appear. The common cold
incubation period is between 12 hours and three days after exposure to the virus. Why do children and babies get more colds? The common cold in children and babies occurs more often because they havent been exposed to as many viruses as adults. Their immune systems have to learn how to recognize and fight new germs. Before turning 2 years
old, a baby can get as many as eight to 10 colds a year. By the time you become an adult, youve had many colds. Its easier for your immune system to identify and attack similar viruses. In addition, children are in close contact with other children. Kids typically dont cover their coughs and sneezes or wash their hands before touching their faces steps
that prevent the virus from spreading. Cold viruses can live on objects for several hours. Babies often pick up objects that other babies have touched. If a baby touches something that has cold germs on it, then touches their mouth, eyes or nose, the germs can infect them. A cold is a mild viral infection of the nose, throat, sinuses and upper airways.
It's a common infection and usually clears up on its own within a day or two of becoming infected. The main symptoms of a cold usually develop within a day or two of becoming infected. The main symptoms of a cold usually develop within a day or two of becoming infected. The main symptoms of a cold usually develop within a day or two of becoming infected. The main symptoms of a cold usually develop within a day or two of becoming infected.
temperature) - generally considered to be 38C (100.4F) or over (see fever in children) aheadache earache severe earache may be a sign of amiddle ear infection muscle pain loss of taste and smell mild irritation of your eyes a feeling of pressure in your ears and face The symptoms are usually at their worst during the first two to three days, before
they gradually start to improve. In adults and older children, they usually last about seven to 10 days, but can last longer in younger children who are under five, typically lasting around 10 to 14 days. Telling the difference between cold and flu Cold and flu symptoms are
similar, but flu tends to be more severe. Cold symptoms: appear gradually affects mainly your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on as normal (for example, go to work) Flu symptoms: appear quickly within a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on a few hours affect more than just your nose and throat makes you feel unwell, but you're OK to carry on a few hours affect more than just your nose and throat makes you feel unwell a few hours affect more than just your nose and throat makes you feel unwell a few hours affect more than just your nose and throat makes you feel unwell a few hours affect more than just your nose and throat makes you feel unwell a few hours affect more than just your nose and throat makes you feel unwell a few hours affect more than just you feel unwell a few hours affect more than just you feel unwell a few hours affect more than just you feel unwell a few hours affe
What to do There's no cure for a cold, but you can look after yourself at home by: resting, drinking plenty of fluids and eating healthily taking over-the-counter painkillers, such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies such asparacetamolor ibuprofen, to reduce anyfever or discomfort using decongestants prays or tablets to relieve a blocked nose trying remedies and the reduce anyfever or discomfort using decongestants pray as a such as a 
sucking on menthol sweets Many painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children, pregnant women, people with certain underlying health conditions, and thosetaking certain other
medications. Speak to a pharmacist if you're unsure. When to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your GP if: you or your child has a cold, there's usually no need to see your child has a cold, there's usually no need to see your child has a cold, there's usually no need to see your child has a cold, there's usually no need to see your child has a cold, there's usually no need to see your child ha
develop complications of a cold, such aschest painor coughing up bloodstained mucus You should see your GP if you're concerned about: your baby an older person if you have a long-term illness such as a lung condition If your GP surgery is closed, you can also contact GP out of hours service for advice, if you are concerned and believe the symptoms
sneeze use tissues once and throw them in a bin wash your hands regularly, and as soon as possible after sneezing or coughing Help yourself feel better You can take some steps to reduce the effects of winter colds: keep warm by wearing layers of thin clothing take the recommended dosage of paracetamol or ibuprofen to ease aches and pains and
keep your temperature down increase your fluid intake and reduce caffeinated drinks, such as tea, coffee and cola There are different remedies available in pharmacies. You should follow a pharmacists advice if you are already taking painkillers or other medicines. Always check the instructions on the bottle or packet carefully, and never exceed the
links How to use your health services Hand hygiene Jump to:It's that time of the year. Sniffles on the train, sneezes in the office and an ambient awareness that you're likely next in line to be hit with a case of this winter's cold. When it invariably hits you know it'll pass, of course, but just how long could it take? So, let's get to it. How long do the
ibuprofen and/or paracetamol (remember, this is also a COVID symptom)Effect on day to day life: You are confused or disorientedPain: You notice a sharp pain in your chestBreathing: You notice a swelling of the glands in your neck
and/or armpitsSore muscles: Everything starts to acheLoss of appetite: You won't fancy eating or drinking muchDuration: Your symptoms last longer than 3 weeksHow long should the stages of the common cold last? There is a common cold last? There is a common cold last? There is not one precise answer for this, as everyone is unique, but often, colds can last for up to seven to 10 days. There is a common cold last? There is not one precise answer for this, as everyone is unique, but often, colds can last for up to seven to 10 days. There is a common cold last? There is not one precise answer for this, as everyone is unique, but often, colds can last for up to seven to 10 days. There is a common cold last? There is not one precise answer for this, as everyone is unique, but often, colds can last for up to seven to 10 days. There is a common cold last? There is not one precise answer for this, as everyone is unique, but often an accommon cold last? There is not one precise answer for this, as everyone is unique, but often accommon cold last? There is not one precise answer for this, as everyone is unique, but often accommon cold last? There is not one precise answer for this, as everyone is unique, but often accommon cold last? There is not one precise answer for this, as everyone is unique, but often accommon cold last? There is not one precise answer for this accommon cold last? There is not one precise answer for this accommon cold last? There is no contained to the cold last? There is no contained to the cold last? There is no contained to the cold last? The cold last? There is no contained to the cold last? There is no contained to the cold last? The cold la
thread between symptoms and how long they go on. Want to know how many days a cold should last? These common cold stages should help you work out where you are in the life cycle of your nose, eyes and mouth - and
symptoms first start to appear; it usually starts 12 hours to three days after exposure to the virus. You probably feel absolutely fine - essentially, in the first few days of a common cold, there are no symptoms to warn youve been infected. But the progression of a cold day by day is coming...Days 2-3 Come days two and three, youll start to feel a bit
tired and sneezy, your body may ache and youll likely have an odd tickle or soreness in your throat that you just cant shift. The progression of a cold can be quick, and, if youre experiencing these symptoms, it looks like youve got the bug (literally). Get straight into bed to try to prevent your symptoms progressing onto the next stage Tea and toast for
one. Days 3-4 Eating dinner? Stop reading now. Days three to four are the part where youre bunged up and your nose is running like a tap its not nice as the colour changes from clear to thick greenish yellow. Nice. Whilst progression of a cold day-by-day is hard to pinpoint, Patel advises trying an over-the-counter decongestant to help open up your
blocked airways. Warm steam inhalation (like in a hot shower or a good old Vicks VapoRub) can also ease nasal congestion. It can feel like itll never break through but clearing your airways can ultimately help prevent a sinus infection. Days 4-6Common cold symptoms mean that, because of your snotty situation, come days four to six you may also
develop a mild cough. Due to inflammation around the airways, the cough may persist after your other symptoms are long gone. Annoying, but, don't worry because by this stage, your cold should be on its way out. Days 7-10Day seven and it might just be time to call off that doctor's appointment. Common colds usually last around 7-10 days with most
cold sufferers getting better with rest and over-the-counter remedies, says Patel. The good news? Around two weeks after the infection you will start to produce antibodies that prevent you from catching that particular cold virus again. The bad news? You can pick up another virus strain that you haven't had yet and that could happen straight awayso
keep the life cycle of a cold in mind, just in case. If you find yourself Googling 'can a cold last three weeks?' it might be time to book that GP appointment after all. There are lots of reasons why your cold might be clinging on for longer, including: You're not getting enough restStressNot drinking enough water Your doctor will able to advise you on the
best medications to take for a cold, and check that your illness isn't down to something else. If you're bunged up and congested, prop your head up with a few more pillows. This will help any mucus drain, preventing a build-up in the back
of your throat or in your sinuses. How to prevent a cold in the first placeThe NHS advises that there are ways that you can prevent a cold. These include: Regularly washing your hone or eyesDo not share towels or household
items (like cups) with someone who has a cold Even when you don't have symptoms, you are still contagious, and can spread the virus for up to two weeks, even during the incubation period. However, you're most containing the virus for up to two weeks, even during the incubation period. However, you're most containing the virus for up to two weeks, even during the incubation period.
into the air, which can infect someone else who breathes in these droplets. Touching contaminated surfaces and then your eyes, nose or mouth can also make you susceptible to infection. Related storiesCut through the noise and get practical, expert advice, home workouts, easy nutrition and more direct to your inbox. Sign up to the WOMEN'S
HEALTH NEWSLETTER The first symptom of a cold is usually a sore throat. This is generally followed by sneezing or a blocked, sore or runny nose. You may not feel well for the first 2 to 3 days. But then you will slowly start to improve. Symptoms usually last about a week. Symptoms of a coldCold symptoms of a coldCold symptoms of a coldCold symptoms usually last about a week. Symptoms of a coldCold symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last about a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a cold is usually last a week. Symptoms of a c
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of a cold. When you have a cold, it usually:comes on slowlyaffects your nose and throatmakes you feel unwell but you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just your nose and throatmakes you feel unwell but you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just your nose and throatmakes you feel unwell but you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just your nose and throatmakes you feel unwell but you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just you're OK to carry on as normalFluWhen you have flu, it usually:comes on quickly - within a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're OK to carry on a few hoursaffects more than just you're 
treatment of fluCOVID-19 symptoms of COVID-19 and what to doCauses of coldsColds are caused by viruses. They can easily spread to other people. You are infectious until all your symptoms have gone. This usually takes
about a week. Colds are spread by germs from coughs and sneezes. The germs can live on hands and surfaces for 24 hours. To reduce the risk of spreading a cold you should: wash your hands and spreading to other peopleuse tissues to trap germs when you
cough or sneezebin used tissues as quickly as possibleHow to prevent getting a coldTo avoid getting a coldTo avoid
virustry to stay healthy - exercise regularly and eat wellHow to clean your hands The flu vaccine helps prevent flu but not colds. Most colds can be treated at home. Symptoms usually clear up by themselves without any specific treatment. There are some things you can do to help clear up symptoms. Do drink plenty of liquids get lots of rest eat healthy
food ask your pharmacist about products and medicines that will help You can get most medicines for a cough Be careful taking cough and lozenges - for a blocked nosethroat sprays and lozenges - for a sore throatcough remedies - for a cough Be careful taking cough and
cold medicines if youre also taking paracetamol and ibuprofen tablets. Do not take more than the recommended dose. Some medicines for colds are not suitable for children, babies and pregnant women. Check with your pharmacist. Theres little evidence that supplements such as vitamin C, zinc, echinacea or garlic prevent colds or speed up
recovery. Antibiotics Antibiotics Antibiotics do not relieve the symptoms of a cold or speed up your recovery. Antibiotics for a cold - overuse of antibiotics can cause antibiotic resistance. your symptoms do not improve after 3 weeksyour symptoms get
suddenly worseyour temperature is very high or you feel hot and shiveryyou develop a rashyou're concerned about your child's symptomsyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological diseaseyou have a long-term medical condition - for example, diabetes, or a heart, lung, kidney or neurological disease has a long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the long-term medical condition - for example, diabetes, and the lon
supplied by the NHS and adapted for Ireland by the HSE This project has received funding from the Government of Irelands Slintecare Integration Fund 2019 under Grant Agreement Number 123. GPs do not recommend antibiotics for colds because they will not relieve your symptoms or speed up your recovery. Antibiotics only work if you have a
bacterial infection, but colds are caused by viruses. The common cold is a viral infects the upper respiratory tract. The most common cold are fairly obvious: a stuffy or runny nose, sneezing, and a scratchy, sore throat. The first signs of the common cold are fairly obvious: a stuffy or runny nose, sneezing, and the most common cold are fairly obvious: a stuffy or runny nose, sneezing, and a scratchy, sore throat. The first signs of the common cold are fairly obvious: a stuffy or runny nose, sneezing, and a scratchy, sore throat.
These viruses are easily spread from person to person or surface to surface to surface for hours, even days. While the common cold may indeed be familiar, there are some things to know about this ailment that can help you feel better, avoid future colds, or even prevent the spread of the virus to other people. Read on
to learn how to cope with the common cold. The common cold and the flu may seem very similar at first. They are indeed both respiratory illnesses and can cause similar symptoms. However, different viruses cause these two conditions, and your symptoms will help you differentiate between the two. Knowing the difference between cold and flu
infectionspneumoniasepsisDiagnosing an uncomplicated cold rarely requires a trip to your doctors office. Recognizing the symptoms worsen or last longer than 10 days, make an appointment with a doctor. You could actually be dealing with a different
health condition, which your doctor will be able to diagnose. If you have a cold, you can expect the virus to work its way out of your system in about 7 to 10 days. If your doctor will be able to diagnoses a cold, you likely only need to treat your system in about 7 to 10 days. If your doctor will be able to diagnose a cold, you have a cold, you can expect the virus has had a chance to run its course. These treatments can include using over-the-counter (OTC)
cold medications, staying hydrated, and getting plenty of rest. If you have the flu, the virus may take the same amount of time as a cold to fully disappear. But if you notice your symptoms are getting worse after day 5, or if you dont start feeling better after a week, its a good idea to follow up with your doctor, as you may have developed another
condition. If you have the flu, you may benefit from taking an antiviral flu medication early in the virus cycle. Rest and hydration are also very beneficial for people with the flu. Much like the common cold, the flu just needs time to work its way through your body. Learn more about diagnosing a cold. Share on PinterestIllustration by Yaja MulcareTheorem
common cold is a viral infection in your upper respiratory tract. Viruses cannot be treated with antibiotics. In most cases, viruses like the cold just need to run their course. You can treat the symptoms of the infection, but you cant actually treat the infection itself. Cold treatments generally fall into two main categories: over-the-counter (OTC)
medications and home remedies. The most common OTC medications used for colds include: Common cold medications sometimes include a combination of these medications sometimes include a combination of these medications sometimes include a combination of these medications. If youre using one, be sure to read the label and understand what youre taking so you dont accidentally take more than you should of any one class of drug. The most common cold medications used for colds include:
side effects from OTC cold medications include:dizzinessdehydrationdry mouthdrowsinessnauseaheadachelf youve previously received a diagnosis of high blood pressure, you should consult your doctor before using any OTC cold medications. Certain medications help relieve symptoms by narrowing blood vessels and reducing blood flow. If you have
high blood pressure, this may affect blood flow throughout your body. Like OTC cold remedies for the common cold dont cure or treat a cold. Instead, they can help make your symptoms less severe and easier to manage. The most effective and common home remedies for a cold include: Gargling with salt water. A salt water gargle can
help coat your throat and ease irritation. Drinking plenty of fluids. Staying well hydrated helps your body save energy to let the virus run its
course. Zinc lozenges. Zinc lozenges may reduce how long cold symptoms last if theyre taken at the very start of your symptoms. Echinacea may be effective at reducing the duration of a cold in some cases. Learn about more home remedies for cold symptoms. The Food and Drug Administration (FDA) doesnt
recommend OTC medications for cough and cold symptoms in children who have a cold may be more tired and irritable
than normal. If possible, let them stay home from school and rest until the cold has cleared. Hydration. Its very important that children with a cold get plenty of fluids. Colds can dehydrate them quickly. Make sure theyre drinking regularly. Water is great. Warm drinks like tea can pull double duty as a sore throat soother. Food. Kids with a cold may not
feel as hungry as usual, so look for ways to give them calories and fluids. Smoothies and soups are two good options. Salt water gargles arent the most pleasant experience, but gargling with warm, salty water can help soothe sore throats. Saline nasal sprays can also help clear nasal congestion. Warm baths. A warm bath may help
ease mild aches and pains that are common with a cold. A cool mist humidifier. A cool mist humidifier can help decrease nasal congestion. Dont use a warm mist humidifier, as it can cause swelling in the nasal passages, making it more difficult to breathe. Bulb syringe. Nasal suctioning with a bulb syringe works well to clear babies nasal passages.
Older children typically resist bulb syringes. Learn more about treating colds in children. The average common cold lasts anywhere from 7 to 10 days, but they can last as long as 2 weeks. Depending on your overall health, you may have symptoms for a
longer period of time. If your symptoms dont ease or disappear within 7 to 10 days, make an appointment to see a doctor. Symptoms that dont go away or get worse could be a sign of a bigger problem, such as the flu or strep throat. Learn more about what you can
expect throughout your colds duration. When youre sick, you might not feel like eating at all, but your body still needs the energy that food provides. The following foods may be extra helpful for your cold recovery: The salty soup is a classic treatment for all kinds of illnesses. Its especially great for colds. Warm liquids are good for helping open up your
sinuses so you can breathe more easily, and the salt from the soup can ease irritated throat tissue. Warm drinks like tea are great for colds. Add honey for a cough-busting boost. Slices of ginger may also reduce inflammation and ease congestion. Try to stay away from coffee, though. Caffeine can interfere with medications, and it may increase your
risk of dehydration. Yogurt contains billions of healthy bacteria that can boost your gut health. Having a healthy microbiome in your gut may help numb and ease the pain of a sore throat. Look for low sugar varieties or make your own smoothie population.
with yogurt, fruit, and natural juices. The most important thing to remember when you have a cold is to stay hydrated. Drink water or warm tea regularly. Avoid caffeine and alcohol while youre recovering from a cold. Both can make your cold symptoms worse. Learn more about what you should eat and drink to soothe a sore throat. Certain conditions
may increase your risk of catching a cold. These include: Time of year. Colds can happen any time of year, but theyre more common in the fall and winter, or during rainy seasons. We spend more time inside when its cold and wet, which increases the chance of the virus spreading. Age. Children under age 6 are more likely to develop colds. Their risk is
even higher if theyre in day care or a child care setting with other kids. Environment. If you have a concert, youre more likely to encounter rhinoviruses. Compromised immune system. If you have a chronic illness or have been sick recently, you may be more likely to encounter rhinoviruses. Compromised immune system. If you have a chronic illness or have been sick recently, you may be more likely to encounter rhinoviruses.
who smoke have an increased risk of catching a cold, and their colds tend to be more severe. Lack of sleep. Irregular or inadequate sleep can affect your immune system, which may make you more susceptible to cold viruses. Learn more about the risk factors for a cold. Uncomplicated colds are a minor illness, but theyre inconvenient and can certainly
make you feel miserable. You cant get a vaccine to prevent colds like you can the flu. But you can do a few key things during cold season to help you avoid picking up a cold virus. Check out more tips for cold prevention. When a person contracts a cold-causing virus, it can be spread to others through the air, on surfaces, and through close, personal
contact. People carrying the virus can also leave virus behind on shared surfaces like doorknobs and computers. If youre sick with a cold, its important to be a good neighbor, family member, or friend and take steps to protect those around you when possible. Colds can make you feel miserable. But youre unlikely to need to see your doctor if you have
a cold. Most cold viruses will work their way through your body in 7 to 10 days. Symptoms are usually at their worst 5 days after you first notice them. As uncomfortable as it may be, using OTC medications and home remedies are typically the best way to deal with a typical, uncomplicated cold. However, there are some instances when you may need
to see a doctor about your cold symptoms. Consider getting medical attention in the following situations: Severe or worsening symptoms that are worse than usual), its time to see a doctor. Symptoms that persist. If symptoms of your cold last more than 10 days, make
an appointment to see your doctor. Difficulty breathing. If you find it hard to breathe or have shortness of breath, get care right away. High or persistent fever. If you have a fever higher than 103F (38.9C) or above, see a doctor. Also, get medical care if you or your child has a fever of 100.4F (38C) or higher for
more than 3 days. Symptoms in a child under 3 months. If your infant is showing signs of a cold, including lethargy or a fever of 100.4F (38C) or higher, see a doctor immediately. High risk medical conditions. If your cold persists and you fall into a high risk medical category, you should see your doctor. In the event you have something other than a
cold, you could be at risk of complications. High risk medical categories include: children under age 5adults over 65pregnant people know what a cold is
as soon as symptoms begin to develop. Colds can be quite uncomfortable. Symptoms like a runny or stuffy nose, headache, cough, and loss of smell or taste can make for a miserable few days. But after 7 to 10 days, most people will start to feel better. There are no cures or treatments that will end a cold. The cold is a virus that has to run its course
until its gone. Treatments for a common cold include OTC medications to ease congestion or sneezing. Home remedies like salt gargles can also ease symptoms, while rest and hydration can help your body recover from a cold. Sometimes, a cold can be mistaken for other upper respiratory infections or infections or infections like the flu. If your symptoms seem
more severe or dont ease after a week, make an appointment to see a doctor. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our
content is accurate and current by reading our editorial policy. Common viral infection of the upper respiratory tractNot to be confused with Influenza. Medical condition Common coldOther namesCold, acute viral nasopharyngitis, rhinopharyngitis, rhinopharyngitis, rhinopharyngitis, rhinopharyngitis, acute coryza, head cold, [1] upper respiratory tract infection (URTI)[2]A
representation of the molecular surface of one variant of human rhinovirusSpecialtyInfectious diseaseSymptomsCough, sore throat, runny nose, fever[3][4]ComplicationsUsually none, but occasionally otitis media, sinusitis, pneumonia and sepsis can occur[5]Usual onset~2 days from exposure[6]Duration13 weeks[3][7]CausesViral (usually rhinovirus)
[8]Diagnostic methodBased on symptomsDifferential diagnosisAllergic rhinitis, bronchiolitis,[9] pertussis, sinusitis[5]PreventionHand washing, cough etiquette, social distancing, vitamin C[3][10]TreatmentSymptomatic therapy,[3] zinc[11]MedicationNSAIDs[12]Frequency23 per year (adults) 68 per year (children)[13]The common cold, or
usually recover in seven to ten days,[3] but some symptoms may last up to three weeks.[7] Occasionally, those with other health problems may develop pneumonia.[3]Well over 200 virus strains are implicated in causing the common cold, with rhinoviruses, coronaviruses, adenoviruses and enteroviruses being the most common.[14] They spread
through the air or indirectly through contact with objects in the environment, followed by transfer to the mouth or nose. [3] Risk factors include going to child care facilities, not sleeping well, and psychological stress. [6] The symptoms are mostly due to the body's immune response to the infection rather than to tissue destruction by the viruses
themselves.[15] The symptoms of influenza are similar to those of a cold, although usually more severe and less likely to include a runny nose.[6][16] There is no vaccine for the common cold.[17] The primary methods of prevention are hand washing; not
touching the eyes, nose or mouth with unwashed hands; and staying away from sick people.[3] People are considered contagious as long as the symptoms are still present.[18] Some evidence supports the use of face masks.[10] There is also no cure, but the symptoms can be treated.[3] Zinc may reduce the duration and severity of symptoms if started
shortly after the onset of symptoms.[11] Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen may help with pain.[12] Antibiotics, however, should not be used, as all colds are caused by viruses rather than bacteria.[19] There is no good evidence that cough medicines are effective.[6][20]The common cold is the most frequent infectious
disease in humans.[21] Under normal circumstances, the average adult gets two to three colds a year, while the average child may get six to eight colds a year.[8][13] Infections occur more commonly during the winter.[3] These infections have existed throughout human history.[22]Woman with symptoms of the common coldThe typical symptoms of a
cold include cough, runny nose, sneezing, nasal congestion, and a sore throat is present in about 50%,[8] and muscle ache, fatigue, headache, and loss of appetite.[23] A sore throat is present but it is common in infants and young
children.[4] The cough is usually mild compared to that accompanying influenza.[4] While a cough and a fever indicate a higher likelihood of influenza in adults, a great deal of similarity exists between these two conditions.[24] A number of the viruses that cause the common cold may also result in asymptomatic infections.[25][26]The color of the
mucus or nasal secretion may vary from clear to yellow to green and does not indicate the class of agent causing the infection. [27] Cold symptoms over timeA cold usually begins with fatigue, a feeling of being chilled, sneezing, and a headache, followed in a couple of days by a runny nose and cough. [23] Symptoms may begin within sixteen hours of
exposure[28] and typically peak two to four days after onset.[4][29] They usually resolve in seven to ten days, but some can last for up to three weeks.[7] The average duration of cough is eighteen days[30] and in some cases people develop a post-viral cough which can linger after the infection is gone.[31] In children, the cough lasts for more than ten
days in 3540% of cases and continues for more than 25 days in 10%.[32]Coronaviruses are a group of viruses known for causing the common cold. They have a halo or crown-like (corona) appearance when viewed under an electron microscope. The common cold is an infection of the upper respiratory tract which can be caused by many different
viruses. The most commonly implicated is a rhinovirus (3080%), a type of picornavirus with 99 known serotypes.[33] Other commonly implicated viruses include coronaviruses, enteroviruses, enteroviruses,
viral cause of some common colds (2030%) is unknown.[34]The common cold virus is typically transmitted via airborne droplets, direct contact with infected nasal secretions, or fomites (contaminated objects).[8][36] Which of these routes is of primary importance has not been determined.[37] As with all respiratory pathogens once presumed to
transmit via respiratory droplets, it is highly likely to be carried by the aerosols generated during routine breathing, talking, and singing.[38] The viruses may survive for prolonged periods in the environment (over 18 hours for rhinoviruses) and can be picked up by people's hands and subsequently carried to their eyes or noses where infection occurs.
[36] Transmission from animals is considered highly unlikely; an outbreak documented at a British scientific base on Adelaide Island after seventeen weeks of isolation was thought to have been caused by transmission from a contaminated object or an asymptomatic human carrier, rather than from the husky dogs which were also present at the base.
[39] Transmission is common in daycare and schools due to the proximity of many children with little immunity and poor hygiene. [40] These infections are then brought home to other members of the family. [40] These infections are then brought home to other members of the family.
to be at greater risk of infection.[37]Herd immunity, generated from previous exposure to cold viruses, plays an important role in limiting viral spread, as seen with younger populations that have greater rates of respiratory infections.[41] Poor immune function is a risk factor for disease.[41][42] Insufficient sleep and malnutrition have been
associated with a greater risk of developing infection following rhinovirus exposure; this is believed to be due to their effects on immune function.[43][44] Breast feeding decreases the risk of acute otitis media and lower respiratory tract infections among other diseases,[45] and it is recommended that breast feeding be continued when an infant has a
cold, [46] In the developed world breast feeding may not be protective against the common cold in and of itself, [47] The common cold are believed to be primarily related to the immune response to the virus, [15] The mechanism of this immune response is virus-specific. For
example, the rhinovirus is typically acquired by direct contact; it binds to humans via ICAM-1 receptors and the CDHR3 receptor through unknown mechanisms to trigger the release of inflammatory mediators.[15] These inflammatory mediators then produce the symptoms.[15] It does not generally cause damage to the nasal epithelium.[4] The
respiratory syncytial virus (RSV), on the other hand, is contracted by direct contact and airborne droplets. It then replicates in the nose and throat before spreading to the lower respiratory tract.[48] RSV does cause epithelium damage.[48] Human parainfluenza virus typically results in inflammation of the nose, throat, and bronchi.[49] In young
children, when it affects the trachea, it may produce the symptoms of croup, due to the small size of their airways.[49]The distinction between viral upper respiratory tract infections is loosely based on the location of symptoms, with the common cold affecting primarily the nose (rhinitis), throat (pharyngitis), and lungs (bronchitis).[8] There can be
significant overlap, and more than one area can be affected.[8] Self-diagnosis is frequent.[4] Isolation of the virus type through symptoms.[4]The only useful ways to reduce the spread of cold viruses are physical and engineering measures[10] such as using
correct hand washing technique, respirators, and improvement of indoor air. In the healthcare environment, gowns and disposable gloves are also used.[10] Droplet precautions such as respirators, ventilation, and HEPA/high MERV filters, are the
only reliable protection against cold-laden aerosols.[38] Isolation or quarantine is not used as the disease is so widespread and symptoms are non-specific. There is no vaccine to protect against the common cold.[51] Vaccination has proven difficult as there are so many viruses involved and because they mutate rapidly.[10][52] Creation of a broadly
effective vaccine is, therefore, highly improbable. [53] Regular hand washing appears to be effective in reducing the transmission of cold viruses, especially among children. [54] Wearing face masks when around people who are infected
may be beneficial; however, there is insufficient evidence for maintaining a greater social distance. [54]It is unclear whether zinc supplements affect the likelihood of contracting a cold. [55]Poster from 1937 encouraging citizens to "consult your physician" for treatment of the common cold primarily involve medications
and other therapies for symptomatic relief.[13] Getting plenty of rest, drinking fluids to maintain hydration, and gargling with warm salt water are reasonable conservative measures.[56] Much of the benefit from symptomatic treatment is, however, attributed to the placebo effect.[57] As of 2010, [update] no medications or herbal remedies had been
conclusively demonstrated to shorten the duration of infection. [58] Various treatments for the common cold - liquid and pill cold medication for fevers such as ibuprofen [12] and acetaminophen (paracetamol). [59]
However, it is not clear whether acetaminophen helps with symptoms. [60] It is not known if over-the-counter cough medications are effective for treating an acute cough. [61] Cough medications are effective for treating an acute cough. [61] It is not known if over-the-counter cough medications are effective for treating an acute cough. [61] It is not known if over-the-counter cough medications are effective for treating an acute cough.
use of over-the-counter cough and cold medication in children six years and unproven benefits.[62] The misuse of dextromethorphan (an over-the-counter cough medicine) has led to its ban in a number of countries. [64] Intranasal corticosteroids have not been found to be useful. [65] In adults, short term use
of nasal decongestants may have a small benefit. [66] Antihistamines may improve symptoms in the first day or two; however, there is no longer-term benefit and they have adverse effects such as drowsiness. [67] Other decongestants such as pseudoephedrine appear effective in adults. [68] [66] Combined oral analgesics, antihistaminics, and
decongestants are generally effective for older children and adults.[69] Ipratropium may also help with coughs in adults.[71] The safety and effectiveness of nasal decongestant use in children is unclear.[66]Due to lack of studies, it is not known
whether increased fluid intake improves symptoms or shortens respiratory illness. [72] As of 2017, heated and humidified air, such as via RhinoTherm, is of unclear benefit. [73] One study has found chest vapor rub to provide some relief of nocturnal cough, congestion, and sleep difficulty. [74] Some experts advise against physical exercise if there are
symptoms such as fever, widespread muscle aches or fatigue.[75][76] It is regarded as safe to perform moderate exercise if the symptoms are confined to the head, including runny nose, nasal congestion, sneezing, or a minor sore throat.[75][76] There is a popular belief that having a hot drink can help with cold symptoms, but evidence to support
this is very limited. [77] Antibiotics have no effect against viral infections, including the common cold. [78] Due to their side effects, antibiotics are so commonly prescribed include people's expectations for them, physicians' desire to help,
and the difficulty in excluding complications that may be amenable to antibiotics.[80] There are no effective antiviral drugs for the common cold even though some preliminary research has shown benefits.[13][81]Main article: Zinc and the common cold even though some preliminary research has shown benefits.
symptoms if supplementation begins within 24hours of the onset of symptoms.[11][55][82][83][84] Some zinc remedies directly applied to the inside of the nose have led to the inside of the onset of symptoms.[11][55][82][83][84] Some zinc remedies directly applied to the inside of the nose have led to the inside of the onset of symptoms.[11][55][82][83][84] Some zinc remedies directly applied to the inside of the nose have led to the nose have led to the inside of the nose have led to the nose have led 
recommended the use of zinc, but also advocated further research on the topic, [82][83]Main article: Alternative medicines and Chinese herbal medicines supposed to treat the common cold. there is insufficient scientific evidence to support their use, [13][86] As of 2015, there is
weak evidence to support nasal irrigation with saline.[87] There is no firm evidence that Echinacea products or garlic provide any meaningful benefit in treating or preventing colds.[88][89]Main article: Vitamin C and the common coldMain article: Vitamin D and respiratory tract infections Vitamin C supplementation does not affect the incidence of
the common cold, but may reduce its duration if taken on a regular basis.[90] There is no conclusive evidence that vitamin D supplementation is efficacious in the prevention or treatment of respiratory tract infections.[91] The common cold is generally mild and self-limiting with most symptoms generally improving in a week.[8] In children, half of
cases resolve in 10days and 90% in 15days.[92] Severe complications, if they occur, are usually in the very old, the very young, or those who are immunosuppressed.[21] Secondary bacterial infections may occur resulting in sinusitis, pharyngitis, or an ear infection.[93] It is estimated that sinusitis occurs in 8% and ear infection in 30% of cases.
[94] The common cold is the most common human disease [21] and affects people all over the globe. [40] Adults typically have two to three infections annually, [8] and children may have six to ten colds a year (and up to twelve colds a year for school children).
common misconception is that one can "catch a cold" merely through prolonged exposure to cold weather.[95] Although it is now known that colds are viral infections, the prevalence of many such viruses are indeed seasonal, occurring more frequently during cold weather.[96] The reason for the seasonality has not been conclusively determined.[97]
Possible explanations may include cold temperature-induced changes in the respiratory system, [98] decreased immune response, [99] and low humidity causing an increase in viral transmission rates, perhaps due to dry air allowing small viral droplets to disperse farther and stay in the air longer. [100] The apparent seasonality may also be due to social
factors, such as people spending more time indoors near infected people, [98] and especially children at school. [40][97] Although normal exposure to cold does not increase one's risk of infection, severe exposure teading to significant reduction of body temperature (hypothermia) may put one at a greater risk for the common cold: although
controversial, the majority of evidence suggests that it may increase susceptibility to infection.[99]A British poster from World War II describing the cost of the common cold[101]While the cause of the common cold was identified in the 1950s, the disease appears to have been with humanity since its early history.[22] Its symptoms and treatment are
described in the Egyptian Ebers papyrus, the oldest existing medical text, written before the 16th century, due to the similarity between its symptoms and those of exposure to cold weather.[103]In the United Kingdom, the Common Cold Unit (CCU) was set up by the Medical Research
Council in 1946 and it was where the rhinovirus was discovered in 1956.[104] In the 1970s, the CCU demonstrated that treatment with interferon during the incubation phase of rhinovirus was discovered in 1989, two years after it completed
research of zinc gluconate lozenges in the prevention and treatment of rhinovirus colds, the only successful treatment in the history of the unit.[106]Antivirals have been tested for use.[81] There are trials of the anti-viral drug pleconaril which shows
promise against picornaviruses as well as trials of BTA-798.[107] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes of all known human rhinovirus strains have been sequenced.[108] The genomes have been sequenced.[108] The genomes have been sequenced.[108] The 
common cold leads to 75100 million physician visits annually at a conservative cost estimate of $7.7 billion per year. Americans spend $2.9 billion on over-the-counter drugs and another $400 million on prescription, which has
implications for antibiotic resistance. [109] An estimated 22189 million school days are missed annually due to a cold. As a result, parents missed by employees who have a cold, the total economic impact of cold-related work loss exceeds $20
billion per year.[56][109] This accounts for 40% of time lost from work in the United States.[110]Notes^ Pramod JR (2008). Textbook of Oral Medicine. Jaypee Brothers Publishers. p.336. ISBN 978-81-8061-562-7. Archived from the original on 29 May 2016.^ Lee H, Kang B, Hong M, Lee HL, Choi JY, Lee JA (July 2020). "Eunkyosan for the common
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