

Common Cold

Causes:

More than 200 different viral strains cause the common cold. Colds are spread by hand-to-hand contact, breathing in the virus, or by touching infected surfaces and transferring the virus to your nose, eyes, or mouth.

Symptoms:

Symptoms of a common cold can last for up to 2 weeks. They include the following:

- Sneezing
- Runny or stuffy nose
- Sore throat
- Coughing
- Watery eyes
- Mild headache
- Mild body aches
- Low grade fever

Treatment:

Antibiotics do not work for the common cold or other illnesses caused by viruses. Over the counter medications may provide relief for symptoms.

- Decongestants for nasal congestion
- Cough suppressants to decrease coughing
- Acetaminophen or ibuprofen for sore throat, fever, and body aches
- Get plenty of rest
- Keep hydrated
- Use a humidifier

Seek Student Health Services if:

- You have a measured temperature higher than 100.4 F
- Symptoms are present for longer than 10 days

To Avoid Spreading Illness to Others:

- Frequent hand washing or hand sanitizer use
- Keep mouth and nose covered if coughing or sneezing