

**Ohio Wesleyan University
Student Health Center**

COMMON COLD

The common cold is a contagious viral infection of the head and chest. The nose, throat, sinuses, ears, Eustachian tubes, larynx, and bronchial tubes may be involved. There are over 200 viruses that cause the common cold. Cold viruses are spread through the air from coughing, sneezing, or from person-to-person contact, especially handshaking.

Symptoms include:

- Sore Throat
- Hoarseness
- Cough
- Fatigue
- Watery Eyes
- Appetite Loss
- Runny or stuffy nose

Cold viruses provoke a massive immune response (sneezing, inflammation, secretions, etc.), including an increase in certain types of immune cells that, in course of recovery, may add a yellow or greenish color to the discharge.

Treatment:

- Avoid strenuous physical activity and get plenty of rest.
- Drink extra fluids, including water, juice, tea, Gatorade, etc.
- Use saline nasal spray or Afrin, as directed.
- Use a cool-mist humidifier.
- Use non-prescription medicine to relieve symptoms, acetaminophen (Tylenol) or Ibuprofen (Advil), decongestants (Sudafed), cough remedies, and throat lozenges.

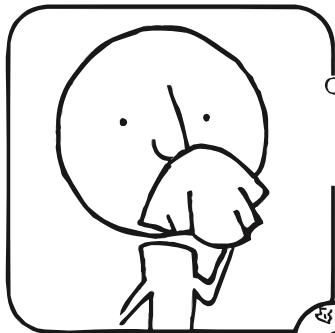
Neither antibiotics nor nonprescription medicines will cure the common cold. A recent survey showed that many patients seen in primary care were given a prescription for antibiotics. This is not only a waste of money and resources, but it increases the likelihood that bacterial strains will develop resistance. Thus, when you really need antibiotics, they may not work. And you are at risk of side effects when taking antibiotics.

Call the Student Health Center at extension 3160 if you have any of the following:

- Temperature of 101 F or higher
- Shaking chills
- Skin rash
- Chest pain or shortness of breath
- Earache or severe headache
- Pain in the teeth or sinuses
- Unusual fatigue
- White or yellow spots on tonsils or throat
- Severe cough, or cough that last more than 10 days

Stop the spread of germs that make you and others sick!

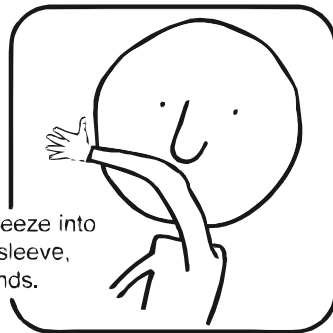
Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or

cough or sneeze into your upper sleeve, not your hands.

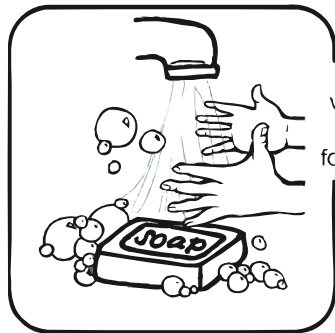


Put your used tissue in the waste basket.



Clean your Hands

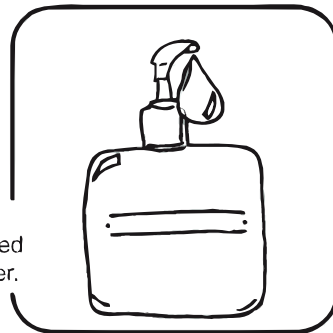
after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or

clean with alcohol-based hand cleaner.



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