



AllCare Living Services, Inc. Presents

Cold Prevention

Common Cold

1 Definition

The common cold in reality is not so common. There are over 200 known viruses that cause the common cold.

2 Transmission

Most colds occur during the fall and winter. This seasonal trend may relate to the opening of schools and to cold weather.

3 Symptoms

The best way to distinguish the common cold from the more serious viral infection of influenza is by noting the symptoms. The common cold usually starts with a dripping nose, which over a period of one to two days leads to a stuffy nose and sneezing. The other main symptom of a cold is a sore throat with coughing.

4 Prevention

Since there is no real cure for the common cold, the most effective way to combat the spread is to limit its contact. This means staying home from work or away from other people when YOU are sick or have symptoms of a cold.

5 Treatment

A lot of claims are made about cold cures and remedies. All of them are greatly exaggerated. Time is the only cure for the common cold.