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For more information on the common cold and how to prevent it visit:

<https://www.consumerreports.org/common-cold/how-to-prevent-colds-and-flu-in-older-adults/>

<https://www.mayoclinic.org/diseases-conditions/common-cold/in-depth/cold-remedies/art-20046403>

Common Colds: Protect Yourself and Others

Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in about 7-10 days. You can help reduce your risk of getting a cold: wash your hands often, avoid close contact with sick people, and don't touch your face with unwashed hands.

Common colds are the main reason that children miss school and adults miss work. Each year in the United States, there are millions of cases of the common cold. Adults have an average of 2-3 colds per year, and children have even more.

Symptoms usually include:

- sore throat
- runny nose
- coughing
- sneezing
- headaches
- body aches

Most people recover within about 7-10 days. However, people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as bronchitis or pneumonia. Help reduce your risk of getting a cold by washing your hands often with soap and water.

How to Protect Yourself

Viruses that cause colds can spread from infected people to others through the air and close personal contact. You can also get infected through contact with stool (poop) or respiratory secretions from an infected person. This can happen when you shake hands with someone who has a cold, or touch a surface, like a doorknob, that has respiratory viruses on it, then touch your eyes, mouth, or nose.



You can help reduce your risk of getting a cold:

Wash your hands often with soap and water. Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular handwashing can help protect you from getting sick.

Avoid touching your eyes, nose, and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.

Stay away from people who are sick. Sick people can spread viruses that cause the common cold through close contact with others.

Practice good cough and sneeze etiquette: always cough and sneeze into a tissue or your upper shirt sleeve, completely covering your mouth and nose.

How to Protect Others

If you have a cold, you should follow these tips to help prevent spreading it to other people:

- Stay at home while you are sick and keep children out of school or daycare while they are sick.
- Avoid close contact with others, such as hugging, kissing, or shaking hands.
- Move away from people before coughing or sneezing.
- Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve, completely covering your mouth and nose.
- Wash your hands after coughing, sneezing, or blowing your nose.
- Disinfect frequently touched surfaces and objects, such as toys, doorknobs, and mobile devices.

There is no vaccine to protect you against the common cold.

How to Feel Better

There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids. Over-the-counter medicines may help ease symptoms but will not make your cold go away any faster. Always read the label and use medications as directed. Antibiotics will not help you recover from a cold caused by a respiratory virus. They do not work against viruses, and they may make it harder for your body to fight future bacterial infections if you take them unnecessarily. Learn more about when antibiotics work.

That pill is for your heart
that one is for your eyes
that one is for blood pressure
That's for diabetes
that's a blood thinner
That is for cholesterol
That's for dizziness

What's for
dessert?

