



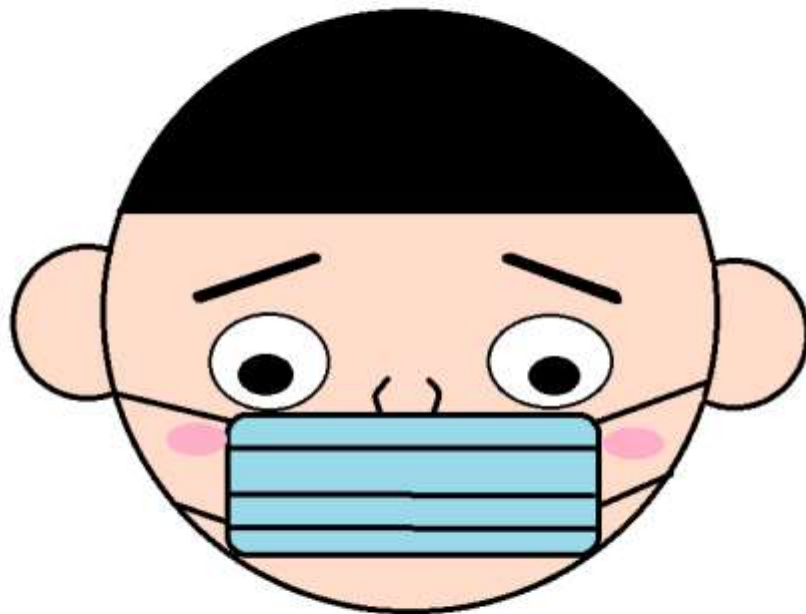
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COMMON COLD



To provide intelligent and holistic medicine and to provide the best health care.
Compassion Quality Innovation Accountability

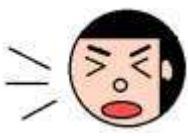


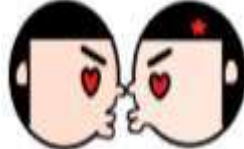

All of the above information has been reviewed by infectious specialists.
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1. Preface:

The common cold is an upper respiratory infection caused by several different viruses. The upper respiratory tract refers to the area from the nasal cavity to the throat. Generally, winter seasons are more prevalent. Children with the common cold are mostly between the ages of 1-5 years, followed by adults over 65 years of age or patients with chronic diseases.

2. Transmission:

The most common way is through droplet infection, viral particles spread in the air, and inhaled by people around. The possible ways are as follows:





Coughing	Talking	Sneezing	Kissing	Sharing utensils
				

3. Incubation period and infection period:

Incubation period	One to three days after infection.
infection period	I. Two to three days before symptoms developed. II. Early after symptom onset.

4. Symptoms:

General symptoms include a runny nose and nasal congestion, sore throat, sneezing, fatigue, headache, muscle soreness, mild fever, and loss of appetite. As follows:

Nasal congestion	Sore throat	Fatigue	Headache
			

5. Complications:

Some viruses can also depress the immune system, leading to a secondary bacterial infection, such as otitis media, lymph node inflammation in the neck, laryngitis, bronchitis, pneumonia, sinusitis, and tonsillitis.

6. The difference between influenza and the common cold

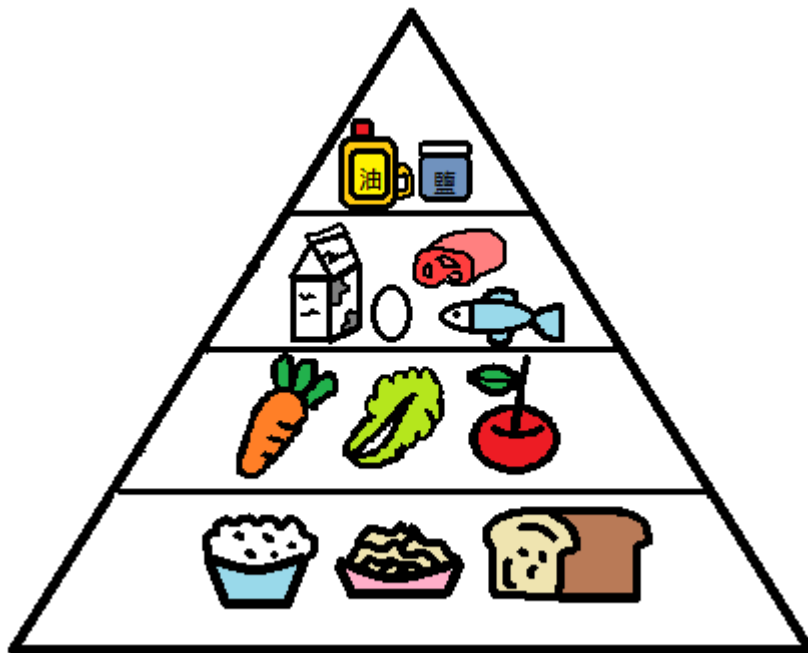
Cold immunity lasts only about a month, so repeated infections are possible.

project	Influenza	Common Cold
Pathogen	Influenza viruses	There are about 200 types of viruses, the common ones being rhinovirus, respiratory fusion virus, and adenovirus.
Sphere of influence	Systemic	upper respiratory symptoms
Clinical symptoms	Muscle aches throughout the body, often caused by pneumonia, bronchitis, persistent fatigue, and weakness.	cough, sore throat, sneezing, stuffy nose, runny nose.
Onset speed	Sudden	Sudden / Progressive
Fever	High fever for 3-4 days	Fewer fevers, only slightly elevated body temperature.
Course of disease	1-2 weeks	About 2-5 days
Treatment	Symptom treatment, take antiviral drugs according to the doctor's prescription.	Symptomatic treatment

7. Prevention:

Prevention is the best way to deal with common cold.

- I. Do not catch cold, especially when the climate is changeable. You should pay attention to dressing, during the temperature drop dramatically.
- II. Do not exhaust yourself because being tired weakens your immunity.
- III. Pay attention to nutrition: get a balanced diet, increase your intake of fresh fruits and vegetables, and avoid excessive fat intake.



- IV. Hand washing is an essential and highly effective way to prevent the common cold. Hands should be wet with water and plain soap and rubbed together for 20 seconds.



8. Home care:

I. Coughing

i. Ways to help with coughing.

- Sit on a chair or bed and tilt the upper body slightly forward. Embrace your hands, take two deep breaths first, hold your breath after the third deep breath, and use your abdominal and respiratory muscles to facilitate coughing up phlegm.
- If it is a dry cough, steam inhalation can be used to make the sputum easy to cough up.

ii. Etiquette of coughing and sneezing.

- Cover your mouth and nose with a tissue, handkerchief, or sleeve instead.



- Wear a mask to prevent droplets from spreading to others.



- Wash your hands immediately and avoid touching your eyes, nose, and mouth directly with your hands.

II. The spit must be wrapped in toilet paper and then thrown in a plastic bag.

III. Drinking at least 1500ml to 2000ml of water can help the body excrete harmful substances. If you have a fever, it can also lower your body temperature.

IV. Make sure the patient has plenty of rest.

V. Maintain oral hygiene.

VI. Limit your time in public places to decrease the chances of exposure, transmission, and infection.

9. Conclusions

The common cold is a respiratory infection disease. You should maintain a healthy lifestyle, such as a balanced diet, frequent hand washing, regular exercise, etc., to achieve "prevention is better than cure". If you accidentally catch a cold, do not take drugs indiscriminately, you should see a doctor.

10. References

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Let's take a test to confirm that you have a thorough understanding.

1. The common cold is an upper respiratory infection caused by several different viruses.

Yes No Not sure

2. Colds are mainly transmitted through droplets. Saliva is spread in the air and is inhaled by people around you and they become infected.

Yes No Not sure

3. Common colds affect the entire body.

Yes No Not sure

4. The clinical symptoms of influenza are general muscle aches, often complicated by pneumonia, bronchitis, persistent fatigue and weakness.

Yes No Not sure

5. Avoid touching your eyes, nose, and mouth directly with your hands.

Yes No Not sure