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## Cold



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Rating: Not Rated Yet

**Price:**

Variant price modifier: 0

Price with discount: 0

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### Description

The common cold (also known as nasopharyngitis, rhinopharyngitis, acute coryza, or a cold) is a viral infectious disease of the upper respiratory tract which affects primarily the nose. Symptoms include coughing, sore throat, runny nose, sneezing, and fever which usually resolve in seven to ten days, with some symptoms lasting up to three weeks. Well over 200 viruses are implicated in the cause of the common cold; the rhinoviruses are the most common.

Upper respiratory tract infections are loosely divided by the areas they affect, with the common cold primarily affecting the nose, the throat (pharyngitis), and the sinuses (sinusitis), occasionally involving either or both eyes via conjunctivitis. Symptoms are mostly due to the body's immune response to the infection rather than to tissue destruction by the viruses themselves. The primary method of prevention is by hand washing with some evidence to support the effectiveness of wearing face masks.

No cure for the common cold exists, but the symptoms can be treated. It is the most frequent infectious disease in humans with the average adult contracting two to three colds a year and the average child contracting between six and twelve. These infections have been with humanity since antiquity.

Causes, incidence, and risk factors

It is called the “common cold” for good reason. There are over one billion colds in the United States each year. You and your children will probably have more colds than any other type of illness.

Colds are the most common reason that children miss school and parents miss work. Parents often get colds from their children.

Children can get many colds every year. They usually get them from other children. A cold can spread quickly through schools or daycares.

Colds can occur at any time of the year, but they are most common in the winter or rainy seasons.

A cold virus spreads through tiny, air droplets that are released when the sick person sneezes, coughs, or blows their nose.

You can catch a cold if:

A person with a cold sneezes, coughs, or blows their nose near you

You touch your nose, eyes, or mouth after you have touched something contaminated by the virus, such as a toy or doorknob.

People are most contagious for the first 2 to 3 days of a cold. A cold is usually not contagious after the first week.

### **Symptoms**

Cold symptoms usually start about 2 or 3 days after you came in contact with the virus, although it could take up to a week. Symptoms mostly affect the nose.

The most common cold symptoms are:

Nasal congestion

Runny nose

Scratchy throat

Sneezing

Adults and older children with colds generally have a low fever or no fever. Young children often run a fever around 100-102°F.

Depending on which virus caused your cold, you may also have:

Cough

Decreased appetite

Headache

Muscle aches

Postnasal drip

Sore throat

### **Reviews**

## E-treatments : Cold

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