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YOUTH HEALTH BULLETIN

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THE COMMON COLD

You just woke up and you just do not feel right. Your head might even hurt. You want to stay in bed. And to top it all off, when you try to breathe through your nose you cannot — it is all stuffed up! It could be because you have a cold!

What is a cold?

A cold is a virus that gets into your body. There are over 200 different types of cold viruses! A cold will usually last 5-7 days. If you get a cold, you will usually feel it in your nose, ears and throat.

How do I catch a cold?

If you have a cold, your nose may start running — wet stuff may come out. That is called mucus. If a person has a cold, he or she may sneeze or cough and when that happens, tiny drops of mucus float in the air. While those drops are floating in the air, you may breathe one of them in. You can also catch a cold if you touch something that has the cold virus on it, such as a pen or door handle, and then touch your eyes or nose.



Continued on the back →

CONTINUED FROM PAGE 1

One way to avoid getting a cold is to wash your hands often. Common areas where you can find the cold virus are doors, video game controllers and computer keyboards. After handling these, do not forget to wash your hands.

Once the cold virus has entered your body, it starts to spread. The virus can spread pretty fast too! While your body is fighting the virus, you may start to sneeze or notice that you have a runny nose.

If you have a cold, you may have some of the following symptoms:

- Stuffy nose
(it is hard to breathe through your nose)
- Sneezing
- Runny nose
- Body chills
- Low fever
- Sore throat
- Coughing

What else can you do to feel better?

Rest – If you have a cold, make sure to go to bed a little earlier or if it is a weekend day, take an afternoon nap. You will feel better with lots of rest.

Blow your nose – It will clear out some of the mucus that may be building up.

Eat some warm soup – Warm soup will feel nice if your throat is sore and can help to soothe your cough as well.



Take a steamy shower – Lots of steam around you will help loosen up some of the mucus.



If you catch a cold remember you will get better soon, but that it might take up to a week before you start to feel like yourself again. In the meantime, try to stay rested and relaxed and let your body fight that cold. If you are feeling well now, remember to keep washing your hands so that you will stay healthy and cold-free!

REFERENCES:

- Nemours Kids Health. Chilling Out with Colds. November 2010

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