

## **COMMON COLD (ADULT)**

Common cold is a self-limiting contagious illness that can be caused by a number of different viruses. Symptoms of the common cold include nasal stuffiness and dripping, sore or scratchy throat, sneezing, hoarseness, cough, and sometimes, fever, headache and body aches.

### **Instructions**

1. Be careful not to blow your nose too hard because this may cause a nosebleed.
2. Use a cool-mist humidifier to increase air moisture. This will make it easier for you to breathe. Do not use hot steam.
3. Rest as much as possible and get plenty of sleep.
4. Wash your hands often, especially after you blow your nose. Cover your mouth and nose with a tissue when you sneeze or cough.
5. Drink plenty of clear fluids (8 glasses a day).

### **See a doctor if:**

1. Your fever lasts more than 3 days.
2. You have a sore throat that gets worse and you are unable to swallow food or fluids.
3. Your cough gets worse or lasts more than 10 days.
4. You develop a rash on your skin.
5. Your neck glands become large and painful.
6. You have an earache or a headache.
7. You have thick, greenish or yellowish discharge from your nose.

### **Visit an Emergency Department if:**

1. You cough up bloody mucus.
2. You have difficulty breathing, chest pain, or your skin or nails look bluish.
3. You have shaking chills or a temperature over 39°C.
4. You feel extremely lethargic and unwell.