



AVOID THE COMMON COLD

Common colds are the main reason adults miss work and children miss school, (CDC)

- ▶ Each year, millions of Americans have an average of ...



2-3 cases of the common cold

- ▶ **COMPLICATIONS**

- Sinus infection
- Middle ear infection
- Asthma
- Pneumonia

- ▶ **SOLUTIONS**

- Wash hands regularly with soap and water; use alcohol-based hand sanitizer
- Avoid touching eyes, nose and mouth with unclean hands
- Stay away from those who are sick, and stay home if you are sick





ABOUT THE COMMON COLD

Antibiotics cannot cure the common cold. There is no vaccine to protect from the common cold.

1. Common symptoms of the cold

- Sore throat
- Runny nose
- Hacking cough

2. If you are sick

- Stay at home
- Avoid close contact with others
- Get plenty of rest and fluids
- Sanitize frequently touched surfaces

3. When to see a doctor

- Temperature higher than 100.4°F
- Symptoms last longer than 10 days

▶ *Considerations for children*

- If your child is younger than 3 months, always call the doctor right away.
- Many over-the-counter medications are not recommended for children of certain ages.