



Common Cold and Treatments

The "Common Cold" is caused by a viral infection (rhinovirus, adenovirus) and treatment is directed at managing symptoms while the body's own immune system fights the infection. Most adults and children have two to three colds per year. A cold can last from a few days to two weeks but the symptoms, such as the cough, can linger on for up to 21 days. You are contagious within the first 3-4 days, so it is best to stay home, if possible. There is no cure for a cold/flu virus, only symptom management. The best way to "fight" a cold virus is to boost your immune system. The best way to prevent a cold is hand washing or hand sanitizer, coughing into the crook of your elbow, and healthy eating.

Common symptoms:

- Runny nose or nasal congestion
- Post-nasal drip which can lead to a sore throat
- Cough
- Nasal congestion.
- Laryngitis (larynx=voice box + itis=inflammation), loss of voice or becoming hoarse.
- Low grade fever (less than 100.3 F or 37.9 C. Consult your physician for temperatures greater than this)
- Overall, not feeling well could include headache and mild body aches

Treat colds naturally

(You cannot medicate away your cold, only manage your symptoms)

Here are A few Naturally Occurring Cold/Flu Treatments:

- **Garlic** <https://www.healthline.com/nutrition/garlic-fights-colds-and-flu>
- **Ginger** <https://healthyeating.sfgate.com/ginger-root-immune-system-7529.html>
- **Elderberry** <https://www.healthline.com/nutrition/elderberry>
- **Echinacea** <https://www.alltheinternet.com/?q=benefits+of+echinacea&ref=01162019005525&p=>

How to treat symptoms

To Ease Cough and Congestion Use:

1. **Humidifier** - Cool mist recommended
2. **Chest Rub** - Vicks okay for persons over the age of 3 but better to use a natural rub such as eucalyptus/camphor rubs)
3. **Nasal Saline Spray or drops** - Use several times a day, as this is not medication just salt water. Best if you spray/drop several sprays or drops into each nostril, then wait a minute before blowing or suctioning.
4. **Cough Syrups** – Traditional Cough Syrups contain many harmful additives and are not recommended for children under 5 (unless prescribed by your doctor). So, I would only recommend natural cough syrups. One of my favorite brands is Zarbees, but there are several on the market now:

(Adults) <https://www.zarbees.com/adult-cough> ; (Children) <https://www.zarbees.com/>

When to see your doctor

- If you have trouble breathing or chest pain. (Your cold or flu shouldn't make you short of breath or cause your chest to hurt. If that's happening to you, it could be a sign of a more serious problem, such as heart disease, asthma, or pneumonia. **Go to the ER.**
- If your fever doesn't get better. (If it won't go away it may mean you've got another infection in your body that needs treatment. Generally, a fever for an adult is a temperature over 100.4 degrees F. Call your doctor for any child < one years of age for a fever)
- If it hurts to swallow, you can't relieve your cough, congestion or your headache.
- If you can't hold anything down. (especially for infants and children)

Signs of mild or moderate dehydration include:

Thirst
Dry or sticky mouth
Not peeing very much
Dark yellow pee
Dry, cool skin
Headache
Muscle cramps

Signs of severe dehydration include:

Not peeing or having very dark yellow pee
Very dry skin
Feeling dizzy
Rapid heartbeat
Rapid breathing
Sunken eyes
Sleepiness, lack of energy, confusion or irritability
Fainting

LET'S STAY HEALTHY ISRAEL