

Family Health Matters



Tips Offered by Providence Medical Center • Saint John Hospital

Common Cold Signs and Symptoms What You Can Do!

There are more than 200 viruses that cause the common cold, but the rhinovirus is the most common culprit. When germs that cause colds first infect the nose and sinuses, the nose makes clear mucus. This helps wash the germs from the nose and sinuses. After two or three days, the body's immune cells fight back, changing the mucus to a white or yellow color. As the bacteria that live in the nose grow back, they may also be found in the mucus, which changes the mucus to a greenish color. This is normal and does not mean you or your child needs antibiotics.

Signs and Symptoms

- Sneezing
- Stuffy or runny nose
- Sore throat
- Coughing
- Watery eyes
- Mild headache
- Mild body aches

See a health care provider if you or your child has:

- Temperature higher than 100.4° F



- Symptoms that last more than 10 days
- Symptoms that are not relieved by over-the-counter medicines

Your health care provider can determine if you or your child has a cold and can recommend symptomatic therapy. If your child is younger than three months of age and has a fever, it's important to always call your health care provider right away.

How to Feel Better

Rest, over-the-counter medicines and other self-care methods may help you or your child feel better. Remember, always use over-the-counter products as directed. Many over-the-counter products are not recommended for children younger than certain ages.

Preventing the Common Cold

- Practice good hand hygiene
 - Avoid touching your eyes or nose
 - Avoid close contact with people who have colds or other upper respiratory infections
- To locate a physician or for more information about our services, call 1-800-281-7777 or visit www.providence-health.org.



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To find a physician, call our free Physician Referral Line at 1-800-281-7777.
Information compiled from the Centers for Disease Control (CDC) Web site: www.cdc.gov.