

IS THERE A CURE FOR THE COMMON COLD?

Sorry, there is no cure for the common cold!

The entire cold is usually over all by itself in about 7 days, with perhaps a few lingering symptoms (such as cough) for another week. If it lasts longer, see your medical provider to rule out another problem such as a sinus infection or allergies.

TREATMENT » SELF-HELP COLD CARE BAG – Free at Student Health Center

Get plenty of rest and drink lots of fluids. Over-the-counter cold remedies may help ease your symptoms. These won't actually shorten the length of a cold, but can help you feel better.

Antibiotics should not be used to treat a common cold.

They will not help and may make the situation worse. Thick yellow or green nasal discharge is not a reason for antibiotics, unless it doesn't get better within 10 to 14 days. (In this case, it may be a sinus infection called sinusitis.)

WHEN TO CONTACT A MEDICAL PROFESSIONAL

Try home care measures first.

PICK UP A SELF-HELP COLD CARE BAG

Call the Health Center to schedule an appointment 260-4595 if:

- Breathing difficulty develops
- Symptoms worsen or do not improve after 7 to 10 days