

# Understanding Common Cold



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

About the Common Cold

The common cold is a viral infection of the upper respiratory tract that can cause symptoms such as nasal congestion, runny nose, sore throat, cough, and sneezing. It is usually caused by rhinoviruses, but other viruses such as coronaviruses and adenoviruses can also contribute to colds.

Do's and Don'ts

Do's:

- **Stay Hydrated:** Drink plenty of fluids such as water, herbal teas, and clear broths to stay hydrated.
- **Rest:** Get plenty of rest to help your body recover and fight off the infection.
- **Eat Nutrient-Rich Foods:** Consume a balanced diet with plenty of fruits, vegetables, lean proteins, and whole grains to support immune function.

Don'ts:

- **Avoid Smoking:** Smoking can irritate the respiratory tract and worsen cold symptoms. Avoid smoking or exposure to secondhand smoke.
- **Limit Alcohol and Caffeine:** Alcohol and caffeine can dehydrate the body, so limit consumption during a cold.

Home Remedies and Dietary Recommendations:

Meal	Recommended Foods
Breakfast	<div>- Warm oatmeal with sliced bananas and honey</div> <div>- Whole grain toast with almond butter</div> <div>- Yogurt with berries and nuts</div>
Lunch	<div>- Chicken noodle soup with vegetables</div> <div>- Whole grain crackers with hummus and sliced cucumbers</div>
Dinner	<div>- Baked salmon with steamed broccoli and quinoa</div> <div>- Vegetable stir-fry with tofu and brown rice</div>