

# **Common Cold**

## **Symptoms:**

Common symptoms of a cold include:

- Fever (100°F [37.7°C] or higher) and chills
- Headache, sore muscles, and fatigue
- Cough
- Nasal symptoms, such as stuffiness, runny nose, yellow or green snot, and sneezing
- Sore throat

## **Treating Cold:**

Treating your symptoms will not make your cold go away, but will help you feel better. Antibiotics are almost never needed to treat a common cold.

- Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) help lower fever and relieve muscle aches.
- Over-the-counter (OTC) cold and cough medicines may help ease symptoms in adults.

## **Home remedies:**

- Stay hydrated - Water, juice, clear broth or warm lemon water with honey
- Rest
- Soothe a sore throat -A saltwater gargle
- Sip warm liquid - soup, tea, or warm apple juice