

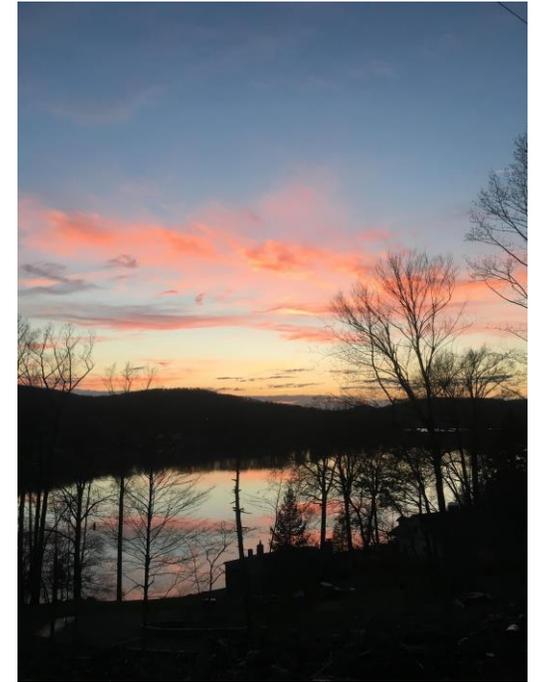
How to Treat your Cold Symptoms

- Honey is one of the most effective treatments for cough. Don't give honey to children under 1yr.
- Over the counter cold remedies have little effect in children and are not generally recommended.
- Manufacturers of over the counter cold remedies are not required by law to prove they work before they hit the market- read labels!
- Supplements like Zinc and Vitamin D won't help much unless you're deficient in these minerals.
- Nasal saline can help alleviate discomfort due to postnasal drip and sore throat- especially in children.
- Rest!
- Drink plenty of fluids (aim for about 8, 8oz glasses per day).



When you probably need to see a doctor

- You are coughing up rusty brown sputum
- You've been having night sweats or lost weight without trying
- Fever is common in children with colds, but an adult with a fever above 100.5°F for more than two days should be seen by a doctor
- You've been in close contact with someone who tested positive for Influenza
- You've been sick for more than two weeks without any improvement
- You are having any chest pain, shortness of breath, or wheeze when you breathe
- Check with your doctor if you're concerned it may be something else!



**WHAT TO DO
ABOUT THAT
PESKY COLD**

New Milford Primary Care



So you've got what sounds like a cold....

Runny nose, congestion, fever, sore throat, cough, muscle aches, and fatigue are a few of the most common symptoms.

Why Not Antibiotics??

They won't work!

Odds are, your symptoms are caused by a virus and not a bacteria. Antibiotics are completely ineffective against viruses, of which there are over 200 which could be causing your symptoms!

Yellow or green sputum does NOT mean your infection is bacterial- both viruses and bacteria can cause this symptom.

Side effects

Antibiotics can have some uncomfortable side effects. For example, tetracyclines increase your risk for sunburn, and fluoroquinolones can cause tendon rupture. Any antibiotic could cause an allergic reaction. They may also put you at increased risk for other types of infections including fungal infections, other bacterial infections, and yeast infections.

Growing Antibiotic Resistance

The more we use antibiotics, the more prevalent resistance becomes. We have been using penicillin to treat infections for decades, but today penicillin is only useful for a handful of bugs.

What to expect

Expect to be sick for up to two weeks- the average cold lasts about 16 days. Additionally, 10% of people will still be symptomatic after 25 days.

Know that you are likely contagious for about two weeks, regardless of when your symptoms stopped.

Expect your cough may linger after all the other symptoms have stopped.

How to Prevent the Next one

Most colds are spread through droplets or hand to hand contact. A virus can survive up to two hours on human skin. Cover your cough and wash your hands to prevent transmission.

Studies show taking daily vitamin C supplements daily can help prevent colds. But once you have a cold taking Vitamin C won't make a difference!

Using nasal saline every day for at least six months can also reduce your risk for developing future colds.

