

Title:

Common Cold Care and Prevention

Word Count:

620

Summary:

Common cold is a situation that occurs more than any other disease, hence, the name. A person

Keywords:

common cold, stress, depression, headache, bacterial infection

Article Body:

For all its findings, discoveries, and achievements, medical science still has yet to come up

The common cold (also called viral rhinitis) is a viral infection, characterized by nasal congestion

Normally, common cold symptoms can be treated at home. Antibiotics are not prescribed because

To relieve the symptoms of a cold, the following self-care advice may be helpful:

Drink plenty of non-alcoholic fluids to keep yourself hydrated. This is especially important for

Rest and avoid stress and strenuous activity.

Keep the room at a comfortable temperature, but make sure that fresh air is circulating.

Smoke irritates the nose and throat. Try to avoid being around people who smoke and avoid smoking

If common cold is accompanied with coughing, a cough medicine may help to soothe a ticklish or

Wash your hands regularly and properly, especially after touching your nose or mouth and before

Always sneeze and cough into tissues. This should help prevent the virus-containing droplets from

Do not share cups or kitchen utensils with others. Use your own cup, plates and cutlery.

If a cold becomes nasty, like if a person develops chest pain or starting to experience difficulty

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