

Title:

Cool Ways To Combat The Common Cold

Word Count:

421

Summary:

Yes, it's that time of year again--cold season. The typical cold is an upper respiratory infection.

Keywords:

Cool Ways To Combat The Common Cold

Article Body:

Yes, it's that time of year again--cold season. The typical cold is an upper respiratory infection.

Recent statistics have shown that adults average two to four colds a year, which amounts to one every two weeks.

When someone has a cold, sneezing, nose-blowing and nose-wiping may spread the virus. You're likely to catch a cold from someone who is sneezing or blowing their nose.

There are over-the-counter (OTC) medications available at your local pharmacy to relieve symptoms of a cold.

New guidelines published by The American College of Chest Physicians (ACCP) suggest that the primary treatment for a cold is rest and fluids.

If a cold causes your sinuses to become congested, this congestion may lead to painful sinus headaches.

In addition to an OTC medication, other ways to treat your cold include:

- Get plenty of rest

- Drink plenty of fluids

- Don't drink alcohol

- Gargle with warm water to soothe a sore throat.

"I'm exposed to germs every shift that I work," said Marty Heggs, a registered nurse from Loveland, Ohio.

Aleve Cold & Sinus and Aleve Sinus & Headache are both available at your local pharmacy and major retailers.

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