How To Give Colds The Cold Shoulder

Sound scary? Actually, this headline is true. And it happens every year! In fact, the human rhinovirus is projected to cause over 560 million cases of the Common Cold in the US this year.

The total cost of colds in the US this year is expected to top $40 billion— including over $4 billion in over-the-counter cough and cold medications. The Common Cold may also lead to more serious infections, such as sinusitis, ear infections or bronchitis.

But colds are just an inevitable part of life, right? Wrong. While there’s no cure or vaccine in sight, there are ways to help reduce your chance of catching the Common Cold this year. For details, see “Meet The Enemy” on page 2.

Checklist:
- Stay Home When Sick
- Wash Hands Often
- Use Hand Sanitizer
- Use Tissue When Sneezing
- Sneeze into Elbow when Tissue is Unavailable
- Drink Plenty of Water

Is Your Office Ready For Cold Season?

To help prevent the Common Cold at work, remember: “wash, wipe & sanitize!” Keep hand sanitizer, disinfecting wipes and facial tissue available in conference rooms and break areas. Learn more at www.healthyworkplaceproject.com.
Meet The Enemy
Rhinovirus

Description:
A group of over 100 related viruses that cause the Common Cold

Symptoms:
May include runny nose, sore throat, cough, congestion, slight body aches and fatigue, mild headache, sneezing, watery eyes, low-grade fever

Prevention:
• Stay home when you are sick
• Wash your hands frequently with soap & warm water
• Keep hand sanitizer handy and use if soap isn’t available
• Use a tissue when you cough or sneeze
• Throw away tissues immediately after use
• No tissue? Then cough or sneeze into your elbow
• Get at least 8 hours of sleep every night
• Drink plenty of fluids throughout the day, preferably water
• Start each day with a nutritious breakfast
• Exercise on a regular basis

Treatment:
Sadly, there’s still no cure for the common cold. While rest and fluids help, antibiotics don’t work on cold viruses. Over-the-counter medications may help symptoms but won’t make the cold go away sooner. Plus they may have side effects. If you use an OTC product, read the label carefully and follow directions exactly.