

# Cold

A cold is a mild illness caused by viruses.

It is spread by secretions that reach other people through the air, by coughing or sneezing, or by contact between hands and nose.

## What discomfort does it cause?

Colds clog the nose, produce nasal mucus, sneezing, sore throat, cough, watery eyes and malaise. Fever is also frequent in children, but rare in adults. Colds usually start in the nose and throat. Young children suffer about six colds a year and adults one to three.

## How can we avoid it?

Good protective measures: sleep well and for as long as necessary, control stress, eat a balanced diet and stop smoking. People with colds should wash their hands often with soap and water. People around them should also wash their hands well and regularly. There are no vaccines for colds.

## How can we treat it?

- Rest and take sensible care of yourselves (sleep more and avoid the cold).
- If you are not allergic, paracetamol is useful for headache and fever.
- Antibiotics do not cure colds.
- If you smoke, it is advisable to go a few days without smoking and, in addition, you can take advantage of this time to quit smoking for good.

- Coughing is a good mechanism to expel mucus, but if it is dry, it irritates the throat more and produces more coughing. Drink liquids, humidify the environment, and suck on candy (but not small children).

- To breathe better during the night and not to suffer so much dryness and cough put a piece of raw onion on the bedside table.

## When is it necessary to consult a physician?

You should consult a doctor if you have a bronchial disease, if the fever lasts more than 4 days, if the symptoms do not improve in 10 days or if you have any symptoms not mentioned in this sheet. You can consult by phone at 061 (Sanidad Responde) or at your primary care center. For people with asthma: If you have a cold, you should use inhalers and should not take aspirin or anything containing eucalyptus.

