Coping with Cold Symptoms

The common cold lasts about 2 - 14 days. No cure exists for the common cold, but you can get relief from your cold symptoms by:

- Resting in bed.
- Drinking plenty of fluids, especially fruit juices.
- Gargling with warm salt water or using throat sprays or lozenges for a scratchy or sore throat.
- Using petroleum jelly or mild over-the-counter antibiotic ointment for a raw nose.
- Taking aspirin, acetaminophen, or ibuprofen for example, for headache or fever.
- Children should not be given aspirin because of the risk of developing severe side effects, such as Reye's syndrome.
- Antibiotics are not effective against the rhinovirus that causes colds.
- However, colds occasionally can lead to bacterial infections of the middle ear or sinuses, requiring treatment with antibiotics. High fever, significantly swollen glands severe sinus pain, and cough that produces mucus, may indicate a complication or more serious illness requiring a visit to your healthcare provider.

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