

THE COMMON COLD

Many different viruses can cause a cold. Over a hundred have been identified so far.

How you can relieve the symptoms:

- Antihistamines give you some relief if allergic reactions accompany your cold
- A vaporizer may relieve congestion
- A piece of hard candy soothes your throat
- Cough syrup eases a troublesome cough
- Nasal decongestants in the form of drops, inhalers, or sprays, are useful when your nose is clogged up and your breathing is difficult
- Drinking fruit juice or water helps keep the mucus membranes moist
- Rest, since it conserves energy, helps your body to build up resistance against complications

Call your doctor if you develop any of these symptoms:

- a fever that lasts more than two or three days
- a severe headache
- chest pains
- hard coughing spells
- earache
- rusty-looking sputum

*****Do not give aspirin or its derivatives to a child with a cold unless prescribed by a physician.*****

If you would like more information, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



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