

Prevention and Treatment of the COMMON COLD:

Prevention:

Hand Washing before eating and drinking is the most important thing to do to prevent a cold.

Avoid sharing towels, water bottles, cups etc.

Keep your distance from people who appear to have a cold or are coughing

Room sharing may need to be modified if one room mate is ill.

Vitamin C 250 mg daily, everyday, has been shown to decrease your risk of getting a cold by 50%

Cold symptoms include any of the following:

- Fever (lasting the first 1-2 days)
- Sore Throat
- Headache
- Muscle Aches
- Nasal Congestion and Sneezing
- Cough

Treatment: If you have the above symptoms the following medications can be taken to help relieve the symptoms you have:

1. "Cold FX "

- Day 1, Take 3 capsules 3 times daily (total=9 capsules)
- Day 2, Take 2 capsules 3 times daily (total=6 capsules)
- Day 3, Take 1 capsule 3 times daily (total=3 capsules)

2. For Fever and Muscle Aches:

- Advil (600 mg every 6-8 hrs, as needed with food) OR
- Tylenol (1000 mg every 4-6 hours, not to exceed 4000 mg/day)

3. For Nose and Sinus Congestion:

- Tylenol Sinus 2 tablets every 6-8 hours if needed

4. For Cough:

- Robitussin Cough Gels 2 capsules every 6-8 hours if needed

5. For Sore Throat:

- Herbon's Zinc Lozenges OR
- Jamieson Zinc Lozenges with Vitamin C OR
- Cepacol Lozenges

You should follow up with a physician if the following symptoms are present:

- fever above 40C
- fever lasting more than 3 days
- fever with a rash
- only symptoms are sore throat, fever and aches (this may be a strep throat or mono)
- fever following recent overseas travel
- fever that starts or returns more than 7 days after cold symptoms begin (this may be bronchitis, pneumonia or sinusitis)
- cold symptoms lasting more than 10 days
- chest wheezing
- **sudden** onset of headache, fever and aches (suggesting the flu)

It is not recommended you exercise if you have a fever. It is OK to exercise if you have a cold with no fever.