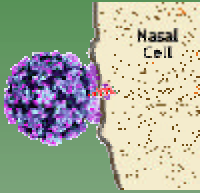


# Don't Go Outside With Wet Hair!

January 2006

## COMMON COLD



Don't forget these other great resources: Your Healthwise<sup>®</sup> Handbook, the 24-Hour Nurse Line, the Nurse Line Chat, and the Audio Health Information Library<sup>®</sup>. You can also go online to [www.spectrumhs.com](http://www.spectrumhs.com) for links to reliable health information.

This is one of the many **MYTHS** associated with catching the common cold. Many people believe that cold weather actually contributes to getting a cold.

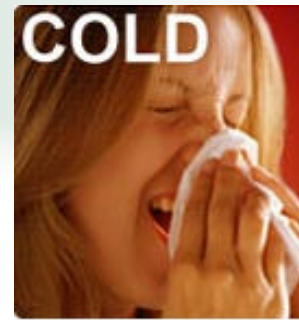
**A cold is actually a virus.** Scientists believe colds are more common in the winter because we tend to stay inside, in confined, poorly ventilated areas---which they believe are perfect grounds for the transmission of colds. Colds are contagious and we have to “catch” them from someone else. They are most contagious during the first three days. A cold is commonly carried on the hands.

There are actually more than 200 different viruses that cause distress in the upper respiratory system, affecting the nose, throat, sinuses and lungs. Symptoms are generally the same, no matter the source of your virus. Most colds last 7-10 days, and adults may catch two to four colds a year.

Although there is no cure for the common cold, Americans spend an estimated \$5 billion annually in physician’s visits and cold remedies.

Until we do find a cure, it is helpful to follow a few precautions to minimize your exposure to cold viruses:

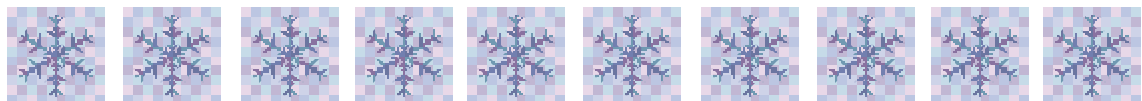
- Wash your hands frequently
- Maintain good ventilation and air circulation
- Keep surfaces clean by using disinfectants
- Keep your hands away from your eyes, nose and mouth



## Common Cold Catch

If someone with a cold touches a doorknob, counter, etc. and a cold-free person comes along and touches the same doorknob and eventually puts their hands to their face, they will catch the cold.

### Symptoms of common cold



Remember that your Healthwise Handbook & the 24-hour Nurse Line (1-800-421-1913) are great resources for more information on colds and other viruses.



From HealthSmart,  
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