

Colds

Colds are the most common infection.
Outnumber all other infections by 25 to 1
More than 200 viruses causes colds.

- Rhinovirus 30 to 50%
- Unknown causes 20 to 30%
- Coronavirus 10 to 15%
- Influenza 5 to 15 %
- Respiratory syncytial virus 5%
- Parainfluenza virus 5%
- Adenovirus <5%
- Enterovirus <5%
- HMPV 1%
- Bocavirus 1%

Influenza virus can be fatal when young or very old.
Virus destroys tissues and immune system makes symptoms

There's no cure for the common cold
Average cold lasts up to a week
Some cold medication may relieve symptoms
Many remedies are useless (doing something makes you feel better)
No medication can prevent a cold.

Common cold research done at Salisbury research unit

It was tested in humans
Got free vacation out of it

Sneezing does not spread colds well.
Sneezes don't contain a lot of the virus
Being cold does not cause colds
Wet hair does not cause colds
Direct exposure to the virus may not cause colds.
Nasal secretion spreads the cold

Colds are transferred with touching (objects etc)
Common in crowds
School season is cold season
Washing hands reduces colds
Do not touch your face

Using too much hand sanitizer or washing your hands too much can cause skin damage
The alcohol in hand sanitizer dries out the oil in your skin that helps protect.
Wearing a mask will not protect you.

When you are young you are more prone to get colds frequently in oppose to being an adult. (Kids are more social therefore more touching)

As you get older you are more immune to the virus

Exposure to virus causes illness (immune response is too slow and weak to prevent)
Body makes large amount of antibodies only during infection
After each infection you build what we call memory cells.
Later exposure to the same virus does not make you sick (you end up having a rapid and strong immune response)

4.1 billion dollars are spent on colds each year (North America)

* read the back not the front of the medicine box

Cold remedy ingredients

- Pain reliever or fever reducer
- Decongestant
- Antihistamine
- Antitussive
- Expectorant

Acetaminophen for pain relief and fever
Some products contain ibuprofen

There is no such thing as a sinus cold.

Menthol is a weak topical analgesic
Menthol 22mg

Menthol cough drops for sore throats contain 2.5 mg of menthol.
Cough drops sits in mouth for a long period of time.

Cepacol contains topical anesthetic (benzocaine 15mg)