

How to Fight Colds



Colds are spread through hand-to-hand contact or by touching contaminated objects.

Symptoms vary but usually last 7-10 days. They can include:

- **Stuffy or runny nose**
- **Watery eyes**
- **Sore throat**
- **Dry cough**
- **Muscle aches**
- **Fatigue**
- **Chills**
- **Slight fever**

Prevention:

- **Practice frequent proper hand washing**
- **Avoid those with colds**
- **Avoid sharing utensils, keyboards and telephones**
- **Get plenty of rest and sleep**