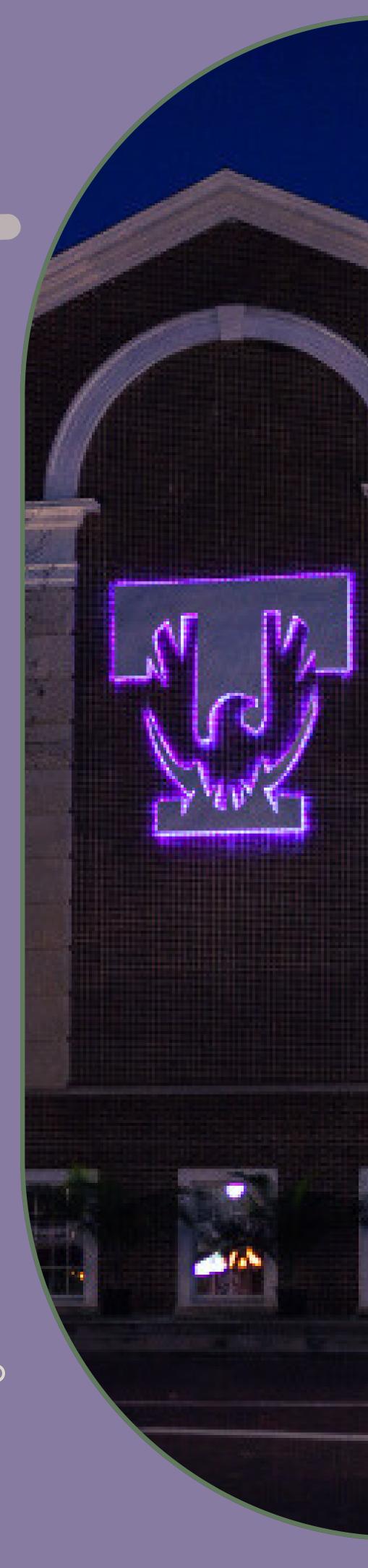
## Common Cold

The common cold is a <u>viral</u> infection that affects millions of people every year. While it's usually <u>not</u> serious, it can cause discomfort and disrupt your daily routine.

## Prevention:

- Wash your hands regularly with soap and water.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.



 Stay home if you are sick to avoid spreading the virus to others.

## Treatment:

- Get plenty of rest.
- Drink plenty of fluids to stay hydrated.
- Use over-the-counter medications, such as pain relievers, decongestants, or cough suppressants, as directed.
- Use a humidifier or take a steamy shower to help relieve congestion.
- If symptoms worsen seek medical attention