Genesee County Health Department
Your Health. Our Work.

**Common Cold
(Upper Respiratory Infection)**

www.GCHD.us

What is the common cold

- An upper respiratory infection caused by a virus. Virus inflames the membranes in the nose, throat, and upper airway. There are more than 200 different viruses that can cause the common cold. Anyone at any age can be infected

What are the symptoms?

- Runny nose
- Congestion
- Sneezing
- Cough
- Watery eyes
- Sore throat

How is it spread?

- Through the air when an infected person is coughing, sneezing or talking
- Direct contact with objects, such as toys or keyboards that are contaminated with the virus

How is it diagnosed and treated?

- Primary care provider evaluation
- Treatment is aimed at symptom relief

Can it be prevented?

- Wash hands frequently
- Cough or sneeze into tissues and promptly dispose of it
- Do not share eating utensils
- Avoid contact with sick individuals

Should the sick individual be isolated?

- No.

Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017