

Things To Know About HEAD COLDS

- **Colds can last from five to ten days**, but it's normal for a cough to last for a month.
- **The average adult gets two to four colds a year.** The average kid gets up to eight colds; teens get two to four colds.
- **Home care:** Drink at least one quart of liquids a day. Use aspirin (or aspirin substitutes, if you are 18 or younger) to treat fever and discomfort. Get enough rest. Ask your pharmacist to recommend over-the-counter medications. Do *not* rely on TV commercials for advice.
- **Call your doctor if you have:**
 - A temperature over 102 degrees
 - Difficult/painful breathing
 - Chest pain
 - Green, brown, or red mucous from nose or from cough
 - stiff neck
 - Diarrhea or vomiting that lasts more than eight hours
 - Earache
 - Eye discharge
- **Prevention**
 - Wash your hands frequently; keep them away from your face
 - Eat well; get enough exercise and rest.