

## **Feed a Fever, Starve A Cold??**

Last week, we looked at the differences between the cold and the flu. Over the next few weeks, we will focus on treating different symptoms of the cold. First, here are some facts about the “common cold”. Americans suffer from one billion colds annually. Children have about six to ten colds a year. Adolescents and adults average two to four colds a year. The misery of the common cold is caused by more than 200 different viruses. The most common, the rhinovirus, can be spread by both direct contact (i.e., unwashed hands) and airborne transmission (sneezing or coughing). After becoming exposed to a virus, the well known symptoms of coughing, runny nose or congestion, and sore throat begin. It is common for people to seek relief from cold symptoms. However, with so many choices it can be confusing and frustrating to start self-treatment. For tips on making the right decision, come into Homer Drug Co. or Tiger Town Pharmacy and speak to one of our pharmacists.