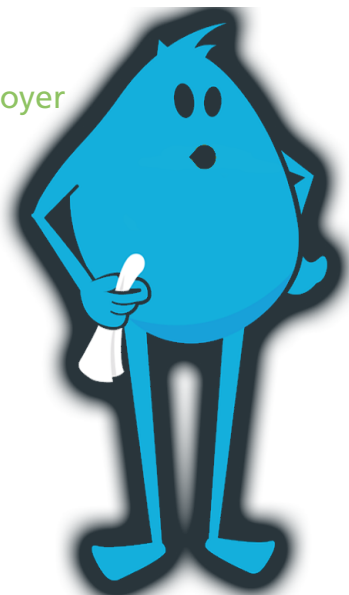


## COMMON COLD

<b>HOW LONG WILL IT LAST?</b>	1-2 weeks
<b>HOW SERIOUS IS IT?</b>	Minor
<b>CAN I STILL WORK?</b>	Yes - check with employer

### WHAT IS IT?

Mild viral infections can cause symptoms of the cold, including a runny and then blocked nose, sneezing, cough, a sore throat, a slightly raised body temperature (fever) up to 39°C and feeling generally unwell.



### HOW DO I TREAT IT?

- Get some rest until you feel better
- Eat healthily, including at least five portions of fruit and vegetables every day.
- Drink plenty of fluids to replace those lost from sweating and a runny nose.

### MEDICINES:

We have no cure for the common cold. Paracetamol, ibuprofen can help reduce the symptoms of a cold.

### WHEN DO I NEED MEDICAL ATTENTION?

See your GP if you notice one or more of the following:

- You develop a high temperature (above 39°C or 102.2°F).
- You're feeling confused or disorientated.
- You notice a sharp pain in your chest.
- You cough up blood-stained phlegm (thick mucus).
- You find it difficult to breathe.
- You notice a marked swelling of the glands in your neck and/or armpits.
- Your symptoms last longer than three weeks.