

Cold Room Maintenance Manual

Is it the common cold, the flu or COVID-19? Our infection prevention expert helps you tell the symptoms apart so you can seek the best treatment. Feb 19, 2026 · Learn about the common cold, its causes and spread, signs and symptoms and ways to prevent it. The common cold is an upper respiratory infection that affects your nose, throat, sinuses and windpipe. Colds usually go away on their own within a week to 10 days. Aug 5, 2025 · While you might be familiar with the common cold, there are some things to know about this condition that can help you feel better, avoid future colds, and reduce the spread of a virus. The common cold is an upper respiratory tract infection caused by many different viruses. The common cold is transmitted by virus-infected airborne droplets or by direct contact with infected secretions. ... Definition The

common cold most often causes a runny nose, nasal congestion, and sneezing. You may also have a sore throat, cough, headache, or other symptoms. Feb 23, 2026 · Common types of colds include rhinovirus, coronaviruses, and human parainfluenza virus. Tests can determine the cause of your cold, but it's usually not necessary. Covering coughs and ... Jul 2, 2024 · Common cold symptoms include a runny or stuffy nose, sore throat, cough, sneezing, congestion, mild body aches, headache, and low-grade fever. May 24, 2023 · In adults or children, a common cold that lasts a while can lead to swelling and pain in the sinuses. These are air-filled spaces in the skull above the eyes and around the nose. Feb 3, 2026 · Common cold symptoms tend to affect the upper airways, like the nose, head, and throat. Learn how symptoms progress with a viral cold.

Common cold - Penn Medicine

How to tell if you have a cold, the flu or COVID-19

Common cold - Symptoms and causes - Mayo Clinic

6 Types of Colds and Their Symptoms Explained - Health

Common Cold Symptoms: Coughing, Runny Nose, and More - WebMD

9 Common Cold Symptoms and How to Manage Them - Verywell Health

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Common Cold Symptoms and Treatments -

MedicineNet

Common Cold (Rhinovirus): Symptoms, Causes & Treatment

Common Cold: Symptoms, How to Treat, and More - Healthline

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