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the common cold or the cold is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose throat sinuses and larynx signs and symptoms may appear fewer than two days after exposure to the virus these may include coughing sore throat runny nose sneezing headache and fever overview the common cold is an illness affecting your nose and throat most often it is harmless but it might not feel that way germs called viruses cause a common cold often adults may have two or three colds each year infants and young children may have colds more often summary the common cold is a viral infection that affects the upper respiratory tract the most common cause is a rhinovirus and the most common symptoms are a stuffy or runny nose sneezing colds usually start 2 to 3 days after the virus enters the body and symptoms last from several days to several weeks cold symptoms may look like other medical conditions always consult your healthcare provider for a diagnosis if your symptoms are severe a cold and the flu influenza are two different illnesses lung health diseases lung disease lookup common cold facts about the common cold what is a cold colds are minor infections of the nose and throat caused by more than 200 different viruses rhinovirus is the most common cause accounting for 10 to 40 percent of colds the common cold is an infection of your nose sinuses throat and windpipe colds spread easily especially within homes classrooms and workplaces more than 200 different viruses can cause colds there is no cure for a common cold but it usually goes away within a week to 10 days if you don't feel better in 10 days see a healthcare treatment there is no cure for the common cold most cases of the common cold get better without treatment within 7 to 10 days but a cough may last a few more days the best thing you can do is take care of yourself while your body heals care tips include rest drink plenty of liquids humidify the air use saline nasal rinses the common cold is a mild infection of your upper respiratory tract which includes your nose and throat colds are probably the most common illness adults have an average of 2-3 colds per year and children have even more colds are more common in the winter and spring but you can get them at any time what causes the common cold 3 min read a runny nose scratchy throat and nonstop sneezing you can't miss the signs of a cold but mystery shrouds a lot of other things about it why do you seem to get them so often 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 alternative names upper respiratory infection viral cold causes it is called the common cold for good reason there are over one billion colds in the united states each year 2 min read what are the symptoms of a cold symptoms of a cold can be felt about 1-4 days after catching a cold virus they start with a burning feeling in the nose or throat followed by what are the stages of a cold typically there are three days 1 and 2 stuffiness sore throat

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is generally a mild infection that resolves in a few weeks with rest and plenty of fluids

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check if you have a cold cold symptoms come on gradually over 2 to 3 days the main symptoms include a
blocked or runny nose sneezing a sore throat a hoarse voice a cough feeling tired and unwell you may also
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