

Protection Against Common Cold

Written by Dr. Niru Prasad

Protect yourself

Against

Common colds

The common cold is a viral infection that cannot be treated with antibiotics. The symptoms of a cold could also be allergy related and here are a few surviving tips:

Get rest and drink lots of fluids.

Increase humidity in your house. When you have a fever, you are losing water through perspiration so replace your fluid loss by drinking fluids.

Warm drinks can soothe a sore throat and help relieve congestion. Salt water gargles work magic for a sore throat.

Take vitamin C supplements since they reduce the severity of symptoms.

It has been reported by the Annals of Internal Medicine that by sucking on Zinc gluconate lozenges the severity of cold symptoms are reduced.

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See your doctor if your symptoms are not relieved or are getting worse in a few days.