

# Coping With the Common Cold

## Feeling Better:

- Get lots of sleep
- Drink more fluids
- Ease symptoms with over-the-counter medication
- Talk to your provider if you have questions



## Protect Yourself:

- Wash your hands
- Avoid touching your face
- Avoid people who are sick
- Always take medicines as directed
- See a provider if symptoms are severe or last unusually long

## Protect Others:

- Wash your hands
- Cover your cough
- Move away from people before coughing or sneezing
- Stay home when you are sick
- Avoid close contact with others
- Disinfect surfaces

**Resources:** <https://www.cdc.gov/features/rhinoviruses/index.html>  
<https://www.mayoclinic.org/diseases-conditions/common-cold/in-depth/cold-remedies/art-20046403>

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