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overview the common cold is an illness affecting your nose and throat most often it s 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 most people recover from a common cold in 7 to 10 days 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 and a 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 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 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 6 8 signs and symptoms may appear fewer than two days after exposure to the virus 6 common cold request an appointment symptoms causes diagnosis treatment you usually don t need medical care for a common cold but if symptoms get worse or don t go away see your health care provider most people with a common cold can be diagnosed by their symptoms the common cold usually has distinct stages knowing these stages can help a person recognize when they may have caught a cold read this article to learn more overview most people with cold symptoms runny nose cough sore throat will not require specific treatment they can take steps to manage their symptoms and prevent spreading the virus however there are rare cases when a viral infection can lead to a bacterial infection like pneumonia which requires antibiotics fact a cold is caused by any one of several viruses that causes inflammation of the membranes that line the nose and throat it can result from any one of more than 200 different viruses but the rhinoviruses causes most colds the common cold is very easily spread to others how long does it last treatment is a cold contagious the common cold is a respiratory viral infection it is one of the most common illnesses with adults contracting around two to three colds yearly kids contract even more a cold is generally a mild infection

that resolves in a few weeks with rest and plenty of fluids 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 the cdc reports that adults have an average of two to three colds each year while children can have even more and while you might be familiar with the symptoms and effects of the common cold 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 fever emergency symptoms what are the symptoms of a common cold common cold symptoms appear about one to three days after the body becomes infected with a cold virus the short period what are the stages of a cold typically there are three days 1 and 2 stuffiness sore throat and runny nose getty images a cold is a type of upper respiratory tract infection urti that can be caused by hundreds of different respiratory viruses including rhinoviruses respiratory syncytial virus rsv parainfluenza viruses adenoviruses coronaviruses human metapneumovirus hmpv is it cold or flu takeaway we include products we think are useful for our readers if you buy through links on this page we may earn a small commission here s our process how we vet brands common cold you can often treat a cold without seeing a gp you should begin to feel better in about 1 to 2 weeks 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 have the 45 year standoff between the west and the u s s r ended when the soviet union dissolved some say another could be starting as tensions with russia rise although the u s and soviet union colds are usually milder than flu people with colds are more likely to have a runny or stuffy nose than people who have flu colds generally do not result in serious health problems such as pneumonia bacterial infections or hospitalizations flu can have serious associated complications how can you tell the difference between a cold and flu

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a cold is caused by any one of several viruses that causes inflammation of the membranes that line the nose and throat it can result from any one of more than 200 different viruses but the rhinoviruses causes most colds the common cold is very easily spread to others

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a cold is a type of upper respiratory tract infection urti that can be caused by hundreds of different respiratory viruses including rhinoviruses respiratory syncytial virus rsv parainfluenza viruses adenoviruses coronaviruses

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