

Common Cold

The common cold is a viral infection that affects millions of people every year. While it's usually not serious, it can cause discomfort and disrupt your daily routine.

Prevention:

- Wash your hands regularly with soap and water.
 - Avoid close contact with people who are sick.
 - Cover your mouth and nose with a tissue when you cough or sneeze.
 - Stay home if you are sick to avoid spreading the virus to others.
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Treatment:

- Get plenty of rest.
- Drink plenty of fluids to stay hydrated.
- Use over-the-counter medications, such as pain relievers, decongestants, or cough suppressants, as directed.
- Use a humidifier or take a steamy shower to help relieve congestion.
- If symptoms worsen seek medical attention

