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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 but symptoms of a common cold usually appear 1 to 3 days after exposure to a cold causing virus there s no cure for the common cold treatment may include pain relievers and cold remedies available without a prescription such as decongestants unlike covid 19 a cold is usually harmless 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 a disease of the upper respiratory tract the symptoms of the common cold are believed to be primarily related to the immune response to the virus the mechanism of this immune response is virus specific 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 published on march 21 2023 medically reviewed by corinne savides happel md print table of contents view all symptoms of a cold cold flu or covid 19 how long does it last treatment is a cold contagious the common cold is a respiratory viral infection 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 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 s 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 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 your care provider may take a nasal or throat swab to rule out other illnesses key points the common cold has no cure but should improve on its own antibiotics don t work against viruses and won t help you feel better if you have cold like symptoms and suspect you have covid 19 or flu get tested especially if you are at higher risk for severe illness a cold is a milder respiratory illness than the flu while cold symptoms can make you feel bad for a few days flu symptoms can make you feel quite ill for a few days to weeks the flu 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 sneezing a runny nose and a feeling of being 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 it s not always easy to determine if you have a cold or the flu but knowing the differences helps treatment work more quickly the common cold also known as upper respiratory tract infection uri is a viral infection of the upper airway nose nasal cavity pharynx and larynx but can also affect the lower respiratory tract trachea bronchi and lungs colds are the most common cause of illness in people hot n cold is a song by american singer katy perry the song was written by perry dr luke and max martin and produced by luke and benny blanco for her second studio album one of the boys 2008 it was released as the album s second single on september 9 2008 what are the stages of a cold typically there are three days 1 and 2 stuffiness sore throat and runny nose getty images 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 a1 at a low temperature especially when compared to the temperature of the human body and not hot or warm a cold day house cold food water cold hands cold weather my feet are so cold freezing cold it s freezing cold today you ll feel cold if you don t wear a coat thesaurus synonyms antonyms and examples a1 at a low temperature especially when compared to the temperature of the human body and not hot or warm a cold day house cold food water cold hands cold weather my feet are so cold freezing cold it s freezing cold today you ll feel cold if you don t wear a coat thesaurus synonyms antonyms and examples feeling cold

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