

# **INTERESTING FACTS ABOUT THE COMMON COLD**

- ☺ **COLDS ARE CAUSED BY VIRUSES, NOT BACTERIA.**
- ☺ **THERE ARE MORE THAN 200 KNOWN VIRUSES AND SOME HAVE MORE THAN 100 VARIETIES!**
- ☺ **RHINOVIRUS CAUSES 1/3 TO 1/2 OF ALL COLDS.**
- ☺ **SNEEZING & COUGHING ARE INEFFICIENT METHODS OF TRANSFERRING RHINOVIRUS FROM ONE PERSON TO ANOTHER, BUT RHINOVIRUS CAN SURVIVE ON HANDS FOR UP TO TWO HOURS, AND ON SURFACES FOR SEVERAL DAYS!**
- ☺ **A COLD STARTS WHEN ONE OF THE VIRUSES IS DEPOSITED IN THE NOSE OR THE CONJUNCTIVA (EYE).**
- ☺ **CHILDREN GET ABOUT 6 TO 10 COLDS PER YEAR, WITH EACH LASTING 10 TO 14 DAYS. (DO THE MATH!)**
- ☺ **COLD SEASON USUALLY BEGINS IN EARLY FALL & CONTINUES UNTIL SPRING.**
- ☺ **CLOSE CONTACT (BEING INDOORS) YIELDS GREATER TRANSMISSION OF COLD VIRUSES.**
- ☺ **ANTIBIOTICS HAVE NO EFFECT ON COLDS!!!!**
- ☺ **ENCOURAGING FREQUENT HAND-WASHING LIMITS YOUR EXPOSURE TO COLD-CAUSING VIRUSES!!**