

# 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!!**