

## HOW COLDS ARE SPREAD

1. Small particle aerosols generated by coughing may be inhaled.
2. Large particle aerosols may land on conjunctival (eye) or nasal mucosa.
3. Infectious secretions may be spread from person to person by direct contact.
  - Rhinovirus is often present on the hands of infected individuals and it is effectively transferred from an infected person's hand to another person's hand during brief contact from the second person's hand into her nose or eye.

### **\*\*\*\*\* SNEEZING & COUGHING WERE INEFFICIENT METHODS OF TRANSFERRING RHINOVIRUS INFECTION TO OTHERS**

- Transmission commonly occurs when an infected child contaminates his own hands with infectious secretions from his nose through nose blowing, wiping, and picking. He then touches another person (or intermediate object) with his soiled hands. The unsuspecting recipient touches his own nose or eyes with his now contaminated hands, and the virus is delivered to the upper airway of a new host.

**RHINOVIRUSES CAN SURVIVE ON HUMAN HAND FOR UP TO TWO HOURS AND ON ENVIRONMENTAL SURFACES FOR SEVERAL DAYS.**

**HANDWASHING (OR EVEN RINSING) EASILY REMOVES THIS VIRUS**