

THE COMMON COLD

TOP 5 MYTHS VS FACTS

MYTH



ANTIBIOTICS
ARE NEEDED TO GET OVER A
COLD

The common cold is the result of a viral infection in the upper respiratory tract. Antibiotics do not fight infections caused by viruses.



FACT

MYTH

CHICKEN SOUP IS A
“CURE”
FOR A COLD



Over-the-counter medications or chicken soup may help alleviate symptoms, but there's no “cure” for the common cold.



FACT

MYTH



IT'S OK TO GO TO WORK
OR SCHOOL WHEN IT'S
“JUST A COLD”

There are many different cold viruses and each is contagious. Viruses can easily spread to another person when the sick person coughs or sneezes.



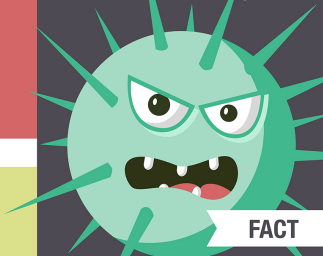
FACT

MYTH



GOING TO SLEEP WITH
WET HAIR
CAUSES A COLD

Colds are caused by a virus. The virus enters the body through the mouth, nose or eyes.



FACT

MYTH



AN “UPPER RESPIRATORY INFECTION”
IS MORE SERIOUS
THAN A COLD

“Upper respiratory infections” is how many physicians refer to the common cold. It's the No.1 reason for missing school or work.



FACT

