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

**FACT**

Baptist Health South Florida