



# COMMON COLD, FLU

Instructions for the health and well-being of immigrants



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Maahanmuuttajien kotoutumisen  
edistäminen terveyden ja  
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## What causes the common cold?

- Caused by BACTERIA AND VIRUSES
- Adults have the common cold about 1–3 times a year
- Children have it more often
- Elderly people have it about once a year

### Symptoms:

- Sore throat
- Sneezing
- Irritated nose
- Cough
- Head cold
- Weak body
- Sore muscles
- Temperature, fever
- The symptoms last an average of 10 days but may last up to three weeks

### How is it transmitted?

#### How can I avoid it?

- Airborne and contact infection
- Cough into your sleeve or a tissue
- Wash your hands
- Avoid shaking hands

### How can I treat it at home?

Anti-inflammatory (ibuprofen) or fever-reducing painkillers (paracetamol) can make you feel better. Nasal sprays can make it easier to breathe. Drink plenty of fluids and especially make sure a feverish child drinks plenty of fluids. Rest, avoid exercise.

### SEE A DOCTOR:

If an illness that started as a common cold includes extreme fatigue or high fever. If the breathing is heavy. If the cold was almost over and the symptoms return within a week or two. If an irritating cough lasts for more than three weeks

### References:

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