

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C284: Common Cold

Introduction: More than 200 viruses are responsible for the misery attributed to the common cold. With no cure in sight, people spend billions of dollars every year trying to relieve cold symptoms. The common cold is an infection of the head and chest, caused by a virus. It can affect your nose, throat, sinuses, ears, and vocal cords. It is the most frequently occurring human illness and can be avoided by simply using good techniques of personal hygiene, sanitation, and good housekeeping.

How does the Common Cold occur?

- Some factors may include excessive fatigue and emotional distress.
- The virus is transmitted from person to person by direct physical contact (or by touching your face after direct contact), or by indirect contact (such as sharing food, drinks, or utensils).
- Cold viruses are spread easily from person to person in infected droplets that are placed in the air by sneezing and coughing, which are then breathed in.
- These viruses are mainly spread by direct contact with infected secretions carried on the fingers.

What are the signs of a cold?

- 1 to 3 days after infection, symptoms start with a sore throat, some weakness, congestion, and scratchy eyes.
- Sneezing, runny nose, headache, chills, and a mild fever may follow.
- These symptoms may last up to 10 days. It is normally not necessary to stop working.

Because many cold viruses are spread by contact with infected secretions, frequent hand washing, careful disposal of used tissue, and cleaning items and surfaces can help reduce the spread.

How should a Common Cold be treated?

- A person with a cold should stay warm and comfortable and try to avoid spreading the infection to others.
- Stop smoking while ill with a cold.
- Drink plenty of fluids to help flush out your system.
- For a runny nose, take antihistamines; however, they can cause drowsiness and make you feel sluggish when driving, operating equipment, or while engaged in operations requiring alertness.
- For a sore throat, use cough drops or gargle with warm salt water.
- For coughing and congestion, take cough syrup.
- For headaches, fever, and aching take aspirin, Tylenol, or ibuprofen.
- Nasal sprays work so fast and so well that people tend to use them beyond the 3 day limit listed on the label. Avoid extended use of sprays because it could lead to dependency.

How can you prevent catching a cold?

- The best preventive measures involve good hygiene.
- Because many cold viruses are spread by contact with infected secretions, frequent hand washing, careful disposal of used tissue, and cleaning items and surfaces can help reduce the spread.
- Do not share food, drinks, or drinking/eating utensils.
- Keep dirty hands away from your face.
- Avoid close contact with others who are infected.
- Use antibacterial soap or disinfectant frequently.

Conclusion: Although the cure for the common cold has yet to be discovered, there are measures that can be taken to avoid catching one in the first place. Follow proper hygiene procedures and keep healthy to avoid contraction of spread of the common cold.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

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