Is there a cure for the Common Cold?
Unfortunately, there is no cure for the common cold. While there are medications to treat symptoms, such as ibuprofen or nasal spray, there is no medication that can wipe out a cold completely. The best options for fighting a cold are: 1) prevent the cold from developing in the first place; 2) Use over the counter symptomatic relief; 3) Let it run its course.

Can Antibiotics help with Colds?
No—Antibiotics are not effective for the common cold, which is a viral infection. Antibiotics should be reserved for killing bacterial infections such as Strep Throat or skin infections caused by staphylococcal bacteria. Colds are viral infections, so antibiotics are not effective for colds, the flu, and most coughs.

Tips to Avoid Getting a Cold
♦ Wash your hands—Frequently
Hand Hygiene is the best way to prevent infections. Disease-causing germs on your unwashed hands can enter your body when you touch your nose, mouth, and open wounds.
♦ Keep surfaces clean
Clean frequently touched surfaces such as door knobs and kitchen counters daily with soap and water or alcohol/bleach products.
♦ Practice healthy habits
Eat a balanced diet, get enough sleep, exercise, and keep stress in check.

Why is it bad to use Antibiotics to treat a Cold?
Taking antibiotics when you have a cold will not help you get better. When bacteria and other microorganisms that cause infections are exposed to antibiotics, they develop ways to fight those drugs. By taking antibiotics unnecessarily, you will be contributing to antibiotic resistance and making these life-saving drugs less effective.

Tips to Remedy a Cold
♦ Treat the individual symptoms
Each cold differs from the other because our immune systems respond in different ways. Some people may have different symptoms, so treat the symptoms that are affecting you the most.
♦ DO NOT take Antibiotics for cold
♦ Drink a lot of water
Staying hydrated can help loosen mucus and make you feel better.
♦ Consult with your health care professional if symptoms

*Established in 1981, the Alliance for the Prudent Use of Antibiotics (APUA) is an international non-governmental organization dedicated to preserving the effectiveness of antimicrobials for 30 years. For more information, visit: www.apua.org.