

Visit CMA Student Health Services if you have:

- Enlarged tonsils with exudate and a fever
- Sore throat that persists longer than seven days
- One tonsil much larger than the other
- Fever lasting three or more days
- Fever greater than 103° F
- Cough lasting more than two weeks
- Cough occurring frequently at night, coming in “spells” and possibly causing vomiting
- Worsening of chronic respiratory disease such as asthma
- Chest pain, wheezing, or shortness of breath
- Earache
- Rash, any type, anywhere on body, not previously diagnosed
- Headache with stiff neck, fever, confusion, vomiting and/or rash
- Sore throat with a rash
- Sore throat symptoms after exposure to strep throat

For more information:
Student Health Services.....707-654-1170
Visit Our Website at <http://www.csum.edu/web/campus-life/student-center/student-health-center>
24-hr Nurse Advice Line (Med Call).....800-877-0027
Sutter Solano Hospital.....707-554-4444
Kaiser Permanente Hospital.....707-651-1000

OUR SPECIALTY IS YOU!

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Vallejo, Ca 94590

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The Common Cold



California Maritime Academy

A campus of the California State University

Student Health Services
Monday-Friday
0900-1500



Common Cold

Colds are Viral Infections

The most common cold symptoms are: sore throat, stuffy nose, clear nasal drainage, hoarseness, dry hacking cough, headache, fever, body aches, and fatigue. Cold symptoms appear from one to three days after the virus takes hold in your body. You can transmit your cold to others even before you experience symptoms, which is one reason why colds are hard to prevent.

The first indication of the infection is usually scratchiness or tickling in the throat. Within a few hours, your nose becomes stuffy, you have general feelings of discomfort and illness and you may start sneezing. Within 48 hours, your cold is fully developed. Each of the many viruses that cause upper respiratory infections has a slightly different incubation period, group of symptoms, and duration. Most colds can last anywhere from 3 to 14 days. There are no medical cures or antibiotics to “cure” a cold or speed up recovery. Your body’s immune system must deal with the virus.

Viral infections do not improve with treatment by penicillin or other antibiotics, and antiviral medications do not work on these viruses. Inappropriate use of antibiotics can cause drug reactions, infections, and/or antibiotic resistance.



Symptom	Home Treatment	Over-the-Counter Medications	Additional Advice
Stuffy nose/ runny nose	Humidify with a vaporizer and take steamy showers.	Use decongestants such as pseudoephedrine. These medications are available from the Pharmacist.	Avoid decongestants if you have high blood pressure or diabetes.
Mucus-producing cough	Drink plenty of clear fluids. Water is best. Humidify with a vaporizer. If you smoke, STOP.	Cough syrup with an expectorant, e.g. guaifenesin. Products are also available in tablet form.	Do not try to suppress a mucus producing cough. It is an important, natural healing aid.
Frequent, dry, hacking cough	Humidify with a vaporizer. Drink plenty of fluids.	Cough suppressants. Look for ingredients with Dextromethorphan.	Dextromethorphan may cause drowsiness or upset stomach.
Headache, body aches and fever	Rest in a peaceful, calm, environment. Try relaxation exercises. Drink fluids for fever.	Aspirin, Acetaminophen, or Ibuprofen (brand names do not make a difference), are over-the-counter pain medications.	If you are on other medications, be sure there are no adverse drug interactions. Avoid aspirin & ibuprofen if you have ulcers or bleeding problems.
Sore throat, Hoarseness	Rest your voice. Humidify with a vaporizer. Drink plenty of fluids. Gargle with salt water (1/4 tsp. salt in 8 oz. of warm water). Use throat lozenges.	Throat lozenges with topical anesthetics such as Benzocaine or Menthol will help numb the pain.	Throat lozenges with Benzocaine provide temporary relief but may alter your sense of taste and smell

Rest - Try for 8-10 hours of sleep each night. This gives your body a better opportunity to combat the cold viruses.

Fluids - Drink plenty of liquids. To be sure you get enough: drink a full glass of water or other liquid every two hours. Fluids help to keep the mucus more liquid and easier to clear out, and also help prevent complications such as bronchitis and ear infections. Alcohol and drinks containing caffeine in large quantities are not good fluid replacers since they tend to dry the throat. Broth or chicken soup is excellent when you have a cold because they soothe your throat. You may also want to consider drinking juices.

Stop Smoking - Smoke irritates the bronchial passages, which prolongs the cold symptoms. Refrain from smoking on those days when the cough and scratchiness of the throat are a problem.

Steam - Take steamy showers to relieve congestion in the chest and nasal passages. If possible, buy a "cold steam" vaporizer to add moisture to the air in your bedroom.

Diet - Unless your provider has advised a particular diet, you may safely eat whatever you want as long as your diet is balanced and includes all food groups.

Alternative Medicine: Echinacea may help alleviate symptoms and duration if started early in the course of a cold. The evidence that zinc lozenges shorten the duration of a cold is very sparse. Zinc nasal swabs are not recommended.

CAUTIONS

Do not take someone else's medication, or antibiotics you may have “saved.” You may be causing a more serious problem than you already have.

Don't bundle up to sweat out a fever. It only increases your temperature. If you feel cold, cover up; if you feel warm, dress lightly.

Nasal sprays such as oxymetazoline may help congestion but should not be used for longer than 3 days, as longer use may cause rebound nasal congestion.