Curbing the Common Cold [1]

Week of:
May 20, 2016

Common cold causes [2]

Dear Alice,

What causes the common cold?

Read more [2]

When are colds contagious? [3]

Dear Alice,

When is a person with a cold contagious? A couple of friends, who are put off when I keep my distance from their sneezing and coughing, insist one is only contagious a week or so before symptoms appear. In the back of my memory is the idea that one remains contagious until a few days *after* primary symptoms disappear. I’m not usually so concerned about this, but I’m coping with a couple of other annoying health problems and want to try to avoid adding a cold or flu, to boot. I do the usual things news shows recommend ? eat well, wash hands frequently. But when should one avoid others who have colds, or when should one stay isolated at home when one has a cold (or flu)?

Yours,
Healthy and wanting to stay that way

Read more [3]


Hey Alice!

How's it going? Well, it is the winter season here in New York City and with the bacteria generated in the subways I am in constant fear of catching a cold. Does that stuff Airborne work? I know it was created by a teacher but does that mean it works? Well, I really need this
response, it's on sale at the local pharmacy. Thanks!

Much love,
To sneeze or not to sneeze?

**Cold won't go away**

Dear Alice,

I have been under quite a bit of stress lately and cannot seem to shake a cough and swollen gland. Every time I start to feel better, it starts all over again. Also, I hate to admit this, but I smoke. Do you think the stress has anything to do with the long period of time I seem to have had this "cold"? It's been going on about two months.

**Do I have a cold or the flu?**

Hi Alice,

I've been wicked sick all week with a really bad runny nose, face pain, cough and now my right ear is hurting. I can't think!! And I am trying to study for exams!!!

My mom told me I have the flu and should go to a doctor to get medicine to treat it. But I think it's just a wicked bad cold. Can you tell me the difference?

Thanks,
Faucet Nose
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/theme-week/curbing-common-cold

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