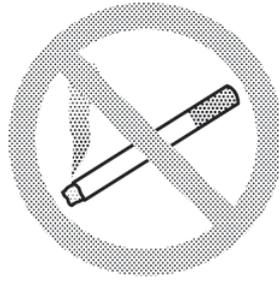


1 Avoid stress and too much exertion, take breaks and get adequate sleep. Ensure that you drink enough fluids; water and herbal tea are the best.



2 Quit smoking and avoid smoking areas. This reduces the duration of the illness, as smoke additionally irritates the respiratory tracts.



3 Many patients suffering from common cold feel better after inhalation with common salt solution. The steam moistens the respiratory tracts and liquefies the secretion formed there.



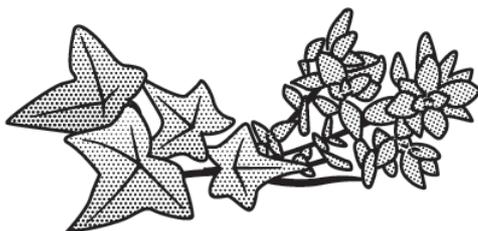
4 Throat compress and ear compress are also proven home remedies, which can provide relief from coughing, hoarseness, throat pain and earaches. Fever can be reduced by using leg compresses.



5 Anticongestive nasal drops and sprays make breathing easier in case of catarrh. It is advisable to take these medicines mostly in the evening so that the patient can sleep peacefully, however, they should not be used for more than 7 days at a stretch.



6 Zinc can reduce the duration of the common cold symptoms if it is taken in the first 24 hours after the symptoms start. As it is often associated with side effects such as nausea, its use must be examined critically.



7 There are indications that herbal preparations with myrtle, ivy, thyme, pelargonium and Echinacea can provide relief from common cold symptoms. But their effectiveness has not been adequately supported by research.

Prevention of common cold - What actually helps?

Lifestyle

The best protection against respiratory tract infections is a well-functioning immune system. A balanced, varied diet, sufficient physical exercise - as far as possible in the open air - and adequate sleep support the innate immunity to fight the pathogenic agents successfully.

Probiotics

There are indeed indications that even probiotics can reduce the frequency of common colds. However one cannot make a reliable statement as it is not supported by scientific research.

Tobacco control

Smoking irritates the respiratory tracts and makes it easy for viruses and bacteria to trigger a common cold. Moreover, common colds last longer in smokers than in non-smokers. If you wish to take this opportunity and quit smoking, then you can obtain information about this and support from your doctor or you can visit the website www.rauchfrei-info.de.

Protect others from infection - this is how you can do it

- If you are suffering from common cold, then you must wash your hands frequently - with warm water and soap. Also ensure that you wash the backside of your hands and the tips of your fingers.
- Do not shake hands or give greeting kisses if you are suffering from common cold
- Do not cover your mouth with your hand while coughing and sneezing, instead use a "disposable" tissue.
- Do not leave used tissues lying around but dispose them immediately in the garbage.
- Do not share your glass, plate and cutlery with other persons if you are suffering from common cold.
- Ensure that the rooms you stay in are regularly ventilated.
- Clean the household surfaces and objects often, which you frequently touch such as door knobs, remote control or the kitchen table.

Hygiene

The pathogenic agents of respiratory tract infections are passed on by ill persons to other people. You can reduce the risk of infection by washing your hands regularly and carefully. Hence you must take this precaution generally during the common cold season and particularly after coming into contact with a person suffering from common cold or with potentially contaminated objects (door knobs, railings, handrails in the bus) and maintain good hygiene of hands.

Vitamin C

In normal case, a regular intake of Vitamin C does not provide any protection against the common cold. People exposed to extremely strenuous work, e.g. marathon runners, form the exception. Vitamin C preparations can reduce the frequency of colds in these persons.

Hydrotherapy

Regular sauna sessions with subsequent cooling, warm-cold sequence showers and draining cold water over the arms and legs stimulate the immune system and thus prevent common colds.

Vaccinations

As common colds are caused by a large number of viruses, there is actually no vaccination that provides protection against flu infections. Influenza, however, can be prevented by vaccination. Annual influenza vaccination is recommended for:

- Persons above 60 years of age
- Persons with increased health risk due to chronic illness
- Women who are pregnant in the flu season
- Persons who come into contact with several people every day as a result of their profession – such as medical staff.

The first two groups of persons must vaccinate themselves against pneumococci as per the German standing vaccination committee. These bacteria can be responsible for middle ear infections, nasal sinusitis and lung infections.