

# Cold Shower Therapy

There's no cure for a common cold, but it typically runs its course within a week to 10 days. Learn how you can manage your symptoms at home. May 8, 2025 · Learn 12 science-backed ways to try to shorten the aches, chills, sneezing, and coughing of the common cold. The key is to start treating your cold as soon as possible. The common cold, or simply a cold, is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose, throat, sinuses, and larynx. [6][8] Signs and symptoms may ... Jul 10, 2025 · The common cold usually has distinct stages. Knowing these stages can help a person recognize when they may have caught a cold. Read this article to learn more. May 24, 2023 · Most often, common cold symptoms start 1 to 3 days after someone is exposed to a cold virus. Symptoms vary. They can include: Runny or stuffy nose. Sore or scratchy throat. Cough. ... Is it the common cold, the flu or COVID-19? Our infection prevention expert helps you tell the symptoms apart so you can seek the best treatment. Feb 3, 2026 · Common cold symptoms tend to affect the upper airways, like the nose, head, and throat. Learn how symptoms progress with a viral cold. Find out about the common cold, including what the symptoms are, how it's spread, how it's treated, and how you can prevent it. Feb 19, 2026 · Learn about the common cold, its causes and spread, signs and symptoms and ways to prevent it. Feb 23, 2026 · Rhinovirus is the most common type of cold, with symptoms like a runny nose and sore throat. It spreads easily in crowded areas like schools.

## Common cold - NHS

*6 Types of Colds and Their Symptoms Explained - Health*

**About Common Cold | Common Cold | CDC**

**How to Get Rid of a Cold Fast - Healthline**

**Common cold: Stage by stage - Medical News Today**

## Common cold - Wikipedia

**9 Common Cold Symptoms and How to Manage Them - Verywell Health**

**Common Cold (Rhinovirus): Symptoms, Causes & Treatment**

*How to tell if you have a cold, the flu or COVID-19*

[Common cold - Symptoms and causes - Mayo Clinic](#)

# Cold Shower Therapy

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