

The common cold

The viral common cold is a self-healing disease, which usually passes within a week. Runny noses may be cleaned with saline solution. Pharmacies sell solutions and nasal sprays containing either salt or sea salt.

Nasal mucus may also be removed with a nasal aspirator on sale in pharmacies. In addition, the pharmacies sell OTC medicines that reduce the swelling of the nasal mucosa, usually administered to the nose by spraying. These ease the nasal breathing barrier, but do not treat the common cold. These medicines should not be used for more than 3-4 days in a row and surely not in children under 1 year of age without consulting a doctor before.

Nasal congestion can be relieved by raising the head. A pillow may be put under the mattress to raise the head.

When should you go to a doctor with a common cold? Surely if the common cold lasts without healing over 2 weeks or if for several days the exudate comes from only one nostril – this may be a sign of a foreign body in the nose.