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the common cold or the cold is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose throat sinuses and larynx signs and symptoms may appear fewer than two days after exposure to the virus these may include coughing sore throat runny nose sneezing headache and fever overview the common cold is an illness affecting your nose and throat most often it s harmless but it might not feel that way germs called viruses cause a common cold often adults may have two or three colds each year infants and young children may have colds more often the common cold is a viral infection that affects the upper respiratory tract the most common cause is a rhinovirus and the most common symptoms are a stuffy or runny nose sneezing and a a cold is caused by any one of several viruses that causes inflammation of the membranes that line the nose and throat it can result from any one of more than 200 different viruses but the rhinoviruses causes most colds what is a cold colds are minor infections of the nose and throat caused by more than 200 different viruses rhinovirus is the most common cause accounting for 10 to 40 percent of colds other common cold viruses include coronavirus and respiratory syncytial virus rsv the common cold is a mild infection of your upper respiratory tract which includes your nose and throat colds are probably the most common illness adults have an average of 2 3 colds per year and children have even more the common cold is a respiratory viral infection it is one of the most common illnesses with adults contracting around two to three colds yearly kids contract even more a cold is generally a mild infection that resolves in a few weeks with rest and plenty of fluids diseases conditions request an appointment symptoms causes diagnosis treatment diagnosis you usually don t need medical care for a common cold but if symptoms get worse or

don't go away see your health care provider most people with a common cold can be diagnosed by their symptoms a cold is a viral infection of the upper respiratory tract also called an upper respiratory infection or URI colds usually last less than a week and are caused by different respiratory viruses they are also one of the most frequent reasons for missed school and work 3 min read a runny nose scratchy throat and nonstop sneezing you can't miss the signs of a cold but mystery shrouds a lot of other things about it why do you seem to get them so often overview sneezing scratchy throat runny nose everyone knows the first signs of a cold probably the most common illness known these symptoms are usually caused by a viral infection quick facts common cold by the manual's editorial staff reviewed revised apr 2024 view professional version get the full details what is the common cold what causes a cold what are the symptoms of a cold how can doctors tell if i have a cold how are colds treated how can i prevent colds what is the common cold the common cold is an upper respiratory infection that affects your nose throat sinuses and windpipe colds usually go away on their own within a week to 10 days locations symptoms justin paget getty images when a person has a cold virus their immune system tries to fight it off this causes the symptoms that we recognize as a cold symptoms can vary but common symptoms of a cold can be felt about 1-4 days after catching a cold virus they start with a burning feeling in the nose or throat followed by sneezing a runny nose and a feeling of being just be sure to spit the water out don't swallow it 5 try a neti pot if your cold comes with heavy nasal congestion a neti pot may help clear you out a bit the pot pours a warm saline key takeaways the common cold often follows a timeline and it can last up to 3 weeks symptoms often take 1 to 3 days to develop and then peak at 1 to 3 days symptoms can last up to 10 days colds usually go away on their own so you don't need to see a healthcare provider but over the counter products can help with your symptoms stage 2 symptoms can increase and worsen during the second stage of a cold people may experience a runny nose congestion mild aches sneezing a sore throat tiredness fatigue cough tingling or scratchy throat body aches tiredness or fatigue dr doug nunamaker a family practice physician and chief medical officer for atlas md explains that it's in these stages risk factors next in cold

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