



**Medical
Blueprints**

STOPPING A COLD BEFORE IT STARTS REPORT #2831

BACKGROUND: A cold is an infection called a virus. There are more than 200 types, but the most common one is rhinovirus, which is thought to be responsible for at least 50% of colds. Other viruses that can cause colds include coronavirus, respiratory syncytial virus, influenza, and parainfluenza. According to the CDC, 22 million school days are lost each year in the U.S. because of colds, and estimates say that Americans have one billion colds a year. A cold begins when a virus attaches to the lining of the nose or throat. The immune system sends out white blood cells to attack the virus. Unless you've experienced that exact strain of the virus before, you can lose the initial attack and your body will send in reinforcements to fight the virus. With so much of your energy directed at fighting the virus, you are typically left feeling tired and miserable.

(Source: <https://www.webmd.com/cold-and-flu/cold-guide/understanding-common-cold-basics#1>)

WAYS TO PREVENT A COLD: There are ways to prevent colds and shorten their length. Using a humidifier which provides low humidity can dry out the nasal passages, making it harder to trap and eliminate particles in the air that settle in the sinuses. Loading up on vitamin D will help activate the immune responses. You can find it in foods like salmon, beef, egg yolks, fortified milk, orange juice, cheese, and mushrooms. Also, zinc can help decrease the growth of viruses which most adults get in their daily food intake. Washing your hands often and for at least 20 seconds will help combat a cold and remembering to disinfect your electronic devices with a Lysol or Clorox wipe. Finding time to relax and getting plenty of rest is highly recommended in preventing colds. People who regularly get less than seven hours of sleep are three times more likely to come down with a cold. Probiotic foods like yogurt, sauerkraut, and kombucha are known to help support the immune system. It is also recommended to wear a mask which is one of the most effective ways to prevent the spread of COVID-19, as well as other respiratory infections, and get the flu vaccine.

(Source: <https://www.prevention.com/health/a20469206/how-to-prevent-a-cold/>)

THE FLU'S ALLY: THE COMMON COLD: Yale researchers report that the most common cause of colds, rhinovirus, can prevent the flu virus from infecting airways by jumpstarting the body's antiviral defenses. The team led by Dr. Ellen Foxman, Assistant Professor of Laboratory Medicine and Immunobiology, studied three years of clinical data from more than 13,000 patients seen at Yale New Haven Hospital with symptoms of respiratory infection. They found that even during months when both viruses were active, if the common cold virus was present, the flu virus was not. To test how the rhinovirus and influenza virus interact, Foxman's lab created human airway tissue from stem cells that give rise to epithelial cells, which line the airways of the lung and are a chief target of respiratory viruses. The results were after the tissue had been exposed to rhinovirus, the influenza virus was unable to infect the tissue. Scientists do not know whether the annual seasonal spread of the common cold virus will have a similar impact on infection rates of those exposed to the coronavirus that causes COVID-19.

(Source: <https://news.yale.edu/2020/09/04/common-cold-combats-influenza>)

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