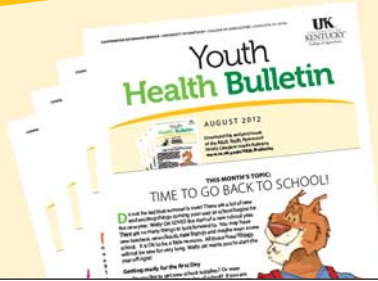


Youth Health Bulletin



JANUARY 2015

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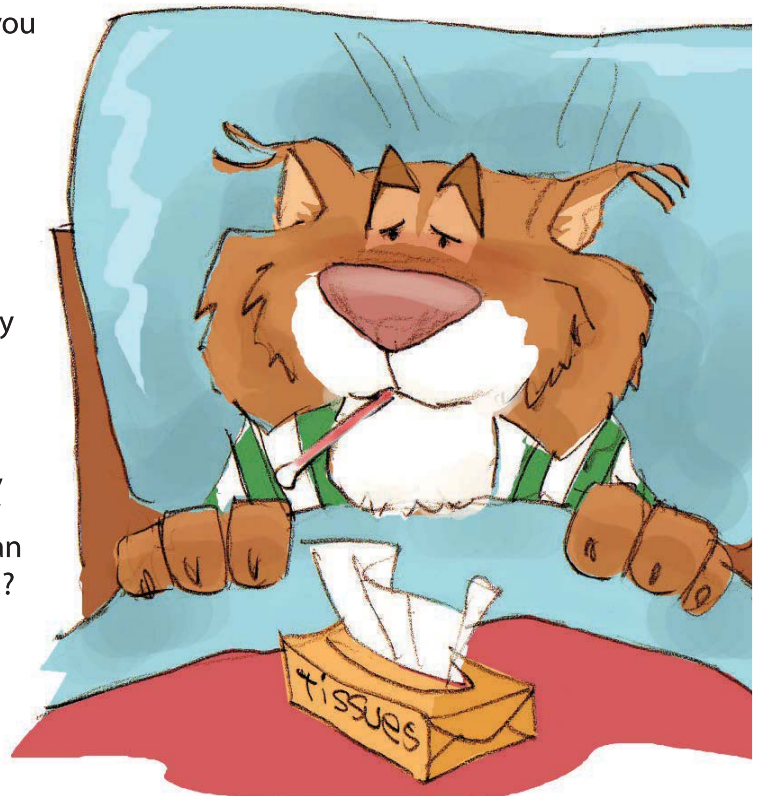
THIS MONTH'S TOPIC: THE COLD VIRUS

Have you ever had a hard time sleeping because you could not breathe through your nose? Perhaps your head hurts and you do not feel like you have any energy. If this has happened to you, then you probably know that you have had a cold. Wally Cat has had a cold before, too. He is going to tell you all about colds and how you may be able to prevent them.

Did you know? Colds are the No. 1 reason kids stay home from school.

What is a cold?

A cold is an infection that usually affects the nose, throat and sinuses. It is a virus that gets into the body and makes you sick. Did you know there are more than 200 kinds of viruses that can cause you to have a cold? Thankfully, our bodies are able to fight the cold virus with our immune system. However, it may take our bodies a few days to fight it off. A cold usually lasts between 7 and 10 days.



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To help prevent a cold, make sure to wash your hands often.

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How do I get a cold?

When another person coughs or sneezes, tiny droplets from their nose go into the air. Once those droplets are in the air, if you breathe them, you can get the cold virus. You can also get the cold virus if you touch your eyes, nose or mouth after you have touched something that has the cold virus on it. Things you touch every day may have the cold virus on them, including door handles, light switches and school desks. Make sure to wash your hands often.

Once your body picks up the cold virus, it usually takes 2 to 3 days before you start showing signs of the cold.

Why do I sneeze when I have a cold?

A person sneezes when the body thinks that there is something in their nose. Your nose and lungs work together and push a big blast of air (a sneeze) out to remove the irritation in the nose. The cold virus likes to be in the nose and your body's immune system works to fight the cold. That is why your body thinks that there is an irritation.

Did you know that a sneeze can push air out at over 100 miles per hour?

Why do I have a runny nose when I have a cold?

You often have a runny nose because your body is trying to keep the virus out of your body. A runny nose helps push the virus out of your body. When this happens, make sure you blow your nose in a tissue and wash your hands.

How do I know if I have a cold?

Some of the signs that you have a cold include:

- a low fever (usually 100-101 degrees F)
- the chills (you may even shiver)
- a sore throat
- sneezing, runny nose and watery eyes
- a cough
- feeling tired and not hungry
- a stuffy nose, making it hard to breathe

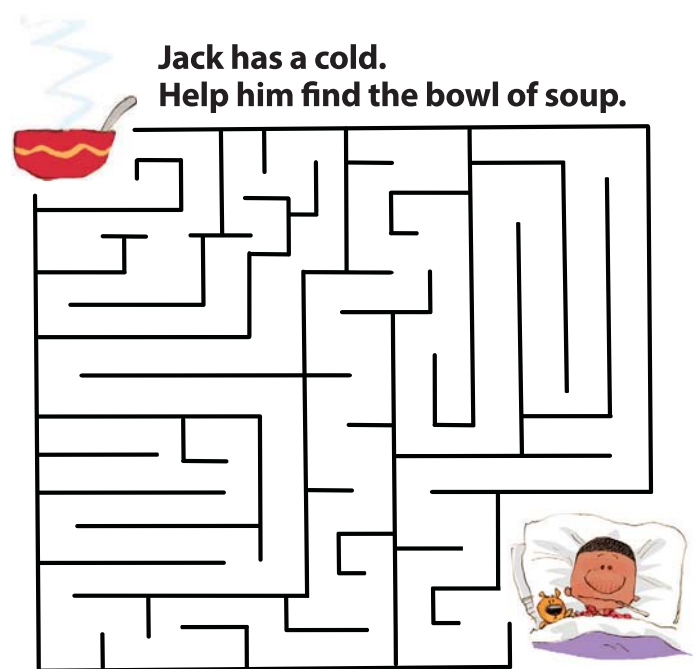
Wally Cat knows that having a cold is not fun. Make sure to wash your hands often to help prevent a



cold. If you do get a cold, make sure you get lots of rest and drink lots of clear drinks. Chicken soup helps too.

SOURCES:

- Nemours KidsHealth. *Chilling out with Colds.*
http://kidshealth.org/kid/ill_injure/sick/colds.html
- Nemours KidsHealth Why does my Nose Run?
http://kidshealth.org/kid/talk/qa/nose_run.html
- Nemours KidsHealth what makes me sneeze?
<http://kidshealth.org/kid/talk/qa/sneeze.html>



Youth
Health Bulletin

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