

Other causes , complications

Coxsackievirus
Herpangina (severe sore throat with vesiculoulcerative lesions) an infection of the throat, causes red-ringed blisters and ulcers on the tonsils and soft palate, the fleshy back portion of the roof of the mouth, Painful blisters in the mouth, throat, hands, feet, or in all these areas. (HFMD)
Complications : Acute bacterial sinusitis
Acute bacterial otitis media
mainly a problem in children
Asthma attacks in children
Exacerbation of chronic bronchitis

1
variety mild viral infections of nasal cavity: rhinoviruses coronaviruses adenoviruses. These infections are widely disseminated. Transmitted through direct contact and droplet transmission * coughing and sneezing

Symptoms , lab, trx

Absence of high fever , may progress otitis media, pharyngitis, laryngitis headaches and body aches , self-limiting
dose not require laboratory investigation serology best method
there are no effective antiviral trx
supportive care
cold treatment :antihistamines , NSAIDs, decongestants, cough suppressant (narcotics)
zinc , vit c
hand hygiene most potent method

Transmission

nasal mucosa or eye.
directly form person to person by respiratory droplets
indirectly droplets are deposited on the hand and then trans by fingers to the nose or eyes
clinical presentations : 2-3days URI caused by rhinoviruses
usually begin with sneezing and followed by rhinorrhea
rhinorrhea increases and then nasal obstruction
cough and sore throat
headache , malaise , chills

COMMON COLD

2
Rhinoviruse are responsible for 30-50% Of common colds
The rest are adenoviruses coronquirees enteroviruses RSV influenza parainfluenza

5 Cold weather

can impair the immune systems ability to fight infections
increase viral survival
reduce exposure to sunlight
people are less physically active
virus specific patterns : influenza (winter) , rhinoviruses (seasonal transition)
indirectly increase the risk of URTI
dry air enhancing viral survival and trans

4 drinking cold water

Vasoconstriction of Throat Vessels
Irritation of the Mucosal Lining
Increased Risk of Infections
Triggering Cough or Reflex Actions
Dehydration Risk

3 Rhinoviruse

more than 100 serologic type of rhinoviruses (No vaccine) , naked virus , sensitive gastric PH , primary site of infection nasal epithelium, replicate best btw 33,35 oc , infect the cooler tissue of the nasal cavities .rarely cause lower RI