



The Common Cold Timeline & What You Can Do

Day 0

You are still healthy, but everyone at work or at home is sneezing, coughing, or with a runny nose.

What Can I Do to prevent catching a cold?

- Wash your hands **at least 5 times per day**. If you're not near a sink, try any alcohol-based hand sanitizer nearby
- **Avoid touching the eyes, nose, or mouth** after contact with people who may have a cold
- Take at least **250mg of Vitamin C** daily
- Take garlic, specifically supplementing with 1000mg **allicin** (biologically active component of garlic)
- If **Vitamin D** levels are low, take 5,000 IU per day.

Day 1-2

You may begin sneezing, feeling a sore throat, or start having a stuffy or runny nose.

What You Can Try within the first 24-48 hours to reduce cold duration and severity:

- **Zinc lozenges 18.75 mg every 4 hours for 2 days** (NOT zinc nasal spray or dietary pill supplements)
- Take **Planetary Andrographis**
- **Umcka Coldcare** © (Pelargonium sidoides) Germanium extract
- **Echinacea purpurea Astragalus** (Nature's Way)
- **Mushroom Blend** (Host Defense, my community)
- **Cold Snap**
- **Sambuco** (elderberry extract)
- **Vitamin D** (50,000 IU first 2 days, then taper to 5,000 IU per day)

Day 3-6

Your symptoms are at their worst at this point and you are feeling terrible.

What May Help You Feel Better:

- **Rest** when you feel tired
- **Drink fluids:** water, honey lemon tea, chicken soup
- **Reduce stress**
For a stuffy nose, try:
- **NasalCrom (OTC)** or **Atrovent** (prescription)
- For cough and mucus, try **Mucinex** ® or **Robitussin** ®
- To soothe sore throats, try **Mentholated lozenges, Halls Cough Drops** ®, **Ricola** ®, or **Sucrets** ®
- For headaches, try **Tylenol** ®, **Motrin** ®, or **Aleve** ®
- For sinus congestion try, **Advil Cold and Sinus** ® or OTC decongestants
- For multiple symptoms, try **Alka Seltzer Plus Cold Medicine** ® or **Dayquil** ®
- To help you sleep at night try, **Nyquil** ® or Melatonin 3-5 mg

Day 7-10

Hopefully you are beginning to feel better at this point. You may be coughing less and have improving nasal congestion. You are on the road to recovery and will be back to normal soon.

Things to Keep in Mind:

Antibiotics do NOT help the common cold.

Antibiotics are effective against bacteria, whereas viruses cause the common cold.

Remember to wash your hands to prevent the spread of the common cold to others.