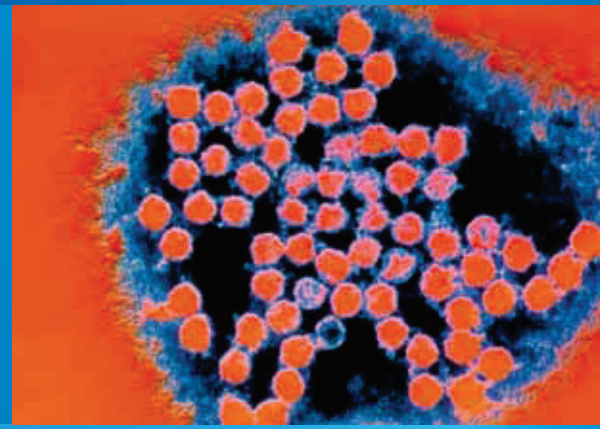


Rhinovirus



The leading cause of the common cold

What Is It?

Rhinoviruses cause 30–50% of all common colds and are responsible for more cases of human illness than any other infectious agent.¹ On average, children suffer 6 to 8 colds per year while adults typically range from 4 to 6.²

Symptoms and Treatment

Common cold symptoms include runny nose, nasal congestion, sore throat, headache and cough. The symptoms usually begin 2 to 3 days after infection. With a rhinovirus infection, fever is usually slight but can climb to 102 degrees Fahrenheit in infants and young children. Symptoms can last from 2 to 14 days. Like many viral infections, the common cold is best treated

with rest and fluids because there are no known cures.

How Does Rhinovirus Spread?

Rhinovirus is spread by touching the mouth, nose or eyes after contact with an infected individual or a contaminated surface. Rhinoviruses can survive on surfaces for several hours.³ Airborne transmission from coughs and sneezes is also possible. Rhinoviruses are most active in early fall, spring and summer.



How Can I Help Prevent the Spread of Rhinovirus?

- Practice proper hand hygiene. Wash hands carefully and frequently with soap and water. Alcohol-based hand sanitizers containing at least 62% alcohol are also effective.
- Ensure frequent cleaning and disinfecting of commonly touched surfaces.
- Use EPA-registered disinfectants with a rhinovirus claim.
- Cough or sneeze into a tissue or your elbow. Avoid coughing or sneezing into your hands. Illness-causing germs can spread through touch.

Nearly 22 million school days are lost annually due to the common cold.⁴

1. National Institute of Allergy and Infectious Diseases, www.niaid.nih.gov/topics/commoncold/Pages/cause.aspx

2. National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/pmc/articles/PMC2231439/

3. National Center for Biotechnology Information, www.ncbi.nlm.nih.gov/pmc/articles/PMC182122

4. Centers for Disease Control and Prevention, www.cdc.gov/ncjrs/data/series/sr_10/sr10_200.pdf

