



Get Rid Of the Common Cold with CityDoc Telemedicine Services

Almost everybody suffers from the common cold once or twice a year, especially during seasonal changes, and children are more susceptible. The common cold is a highly contagious disease characterized by inflammation of the mucous membrane of nose, pharynx, larynx, trachea, bronchi, etc. Adults normally recover quickly, but viral pneumonia may be disastrous to children. If the common cold is ignored, it may lead to severe complications of the upper respiratory tract.

Causes

A filterable virus causes the common cold. Any person who comes into contact with another person having a cold may also get it. Other causes of the common cold may include sudden changes in temperature, improper food, obstructions of the nose, fatigue, exposure to cold, lack of sleep, and dampness. The virus is transmitted by direct contact, by droplet infection or through things like handkerchief, towel, book, notebook, pens, or any other object that might be exchanged. It can last anywhere from a few hours to 2 or 3 days. Sometimes it lasts for seven days.

Treatment

Rest is advisable to give relief from body aches and headaches. The common cold generally lasts for a regular course of 1-2 weeks, and the immune system can cure the problem, although early treatment shortens the length of the cold. CityDoc offers the [best Telemedicine](#) and Doctor video visit services for your family's urgent medical needs. Consult with CityDoc providers from the comfort of your own home and connect with us from your computer, laptop, tablet, or smartphone for various conditions such as:

Common cold

Upper Respiratory Infection

Allergies

Sinusitis

Cough/Bronchitis
Sore throat
Nasal congestion, drainage
Pink eye
Urinary Tract Infection
Rashes
Sleep problems/snoring
Smoking cessation
Other Minor Conditions

At **CityDoc Urgent Care**, our doctors and staff are equipped to treat patients of all ages, from kids to adults to seniors. We link the gap between the emergency room and your primary care provider. Our Video Visit and Online Check-In services take you to the next level of comfort. For more information, visit **www.citydoc.net**.