

Remedies for the common cold

While there is no cure for the common cold, there are remedies that can make you feel better faster. The guideline below provides important information about proven cold remedies that provide quick relief.

What works	What doesn't work	Conflicting evidence
<ul style="list-style-type: none">> Stay hydrated> Plenty of rest> Gargle saltwater to soothe a sore throat> Over-the-counter saline nasal drops to combat stiffness> Acetaminophen or ibuprofen for pain (for children → months or older)> Sip warm liquids> Over-the counter cold and cough medications for symptoms relief (for ages 5 and older)	<ul style="list-style-type: none">> Antibiotics> Over-the-counter cold and cough medications for younger children	<ul style="list-style-type: none">> Vitamin C> Echinacea> Zinc

Source: [mayoclinic.org](https://www.mayoclinic.org)

