
Rhinovirus

What is it?

Rhinovirus is the usual cause of the “common cold.”

What are the symptoms?

Symptoms include runny nose, sore throat, sneezing, watery eyes and tiredness.

Who is at risk?

Everyone.

When do symptoms start?

From 12 hours to five days after coming in contact with the infection (usually around 48 hours).

When is it contagious?

It varies, but ranges from seven to 10 days after symptoms start.

How does it spread?

Rhinovirus is spread from person-to-person through contact with droplets from the nose and throat of infected people when they cough and sneeze. It can also be spread through contact with objects soiled with discharge from the nose/throat of infected people (e.g. tissues, hands, toys, countertops, etc.)

How is it treated?

There is no treatment for this infection. Your doctor may suggest treating symptoms with over-the-counter medications.

How can the spread of Rhinovirus be reduced?

- washing your hands well and washing them often;
- staying home when you're sick;
- covering your nose and mouth when you cough and sneeze.

What do I do if I get sick with Rhinovirus?

- Please stay at home and away from others until your symptoms have gone
- Get plenty of rest and drink lots of fluids.
- Contact your doctor if treatment is needed.