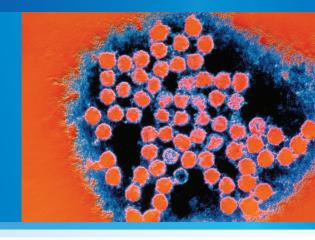
## **Rhinovirus**



### 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.<sup>1</sup> On average, children suffer 6 to 8 colds per year while adults typically range from 4 to 6.<sup>2</sup>

#### **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.<sup>3</sup> 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.<sup>4</sup>

- 1. National Institute of Allergy and Infectious Diseases, www.niaid.nih.gov/topics/commoncold/Pages/cause.aspx
- 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/ncjs/data/series/sr\_10/sr10\_200.pdf



#### These Products Kill the Rhinovirus\*

Clorox offers a full line of products that are effective against Rhinoviruses on a variety of hard, nonporous surfaces.











- Use as directed on hard, nonporous surfaces.
- Alcohol is also an active ingredient in Clorox® Disinfecting Spray
- ‡ Hand sanitizers are included in the CDC recommendations to help prevent the spread of germs.



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