

The sniffles

Prevent the spread of the common cold



THE Children's Book Council of Australia has announced the shortlisted books for the CBCA Book of the Year Awards.

This year more than 416 books were entered in the awards, which celebrate and support Australian authors and illustrators of books for children and young adults.

Before the winners are announced on August 16, to kick off this year's Children's Book Week, check out the complete shortlist at www.cbca.org.au. Read some of the books and judge which book you think will win each category.

News in the spotlight

WILL there be a cure for the common cold?

If Australian drug maker Biota's claims are true, it's going to be a little more difficult to "take a sickie" from school or work in the future. The company has reported remarkable success with an anti-viral compound, named Vapendavir.

The compound was tested in 300 patients infected with the cold-causing human rhinovirus.

The trial proved that cold symptoms eased quickly and the duration of the infection was shortened considerably.

Melbourne's Alfred Hospital's Dr Robert Stirling reported that Vapendavir had the potential to "significantly impact the disabling symptoms of the rhinovirus bug".

But the cure has to be tested in a bigger group of patients and Biota needs to satisfy regulators that it will fill an unmet need in healthcare before it is available to the public.

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Hydration key to staying healthy



WORDY NEWS

Have you ever come across a word in the newspaper that you haven't seen before or don't know what it means?

This week's word is **HYDRATION**.

Definition: The process of providing an adequate amount of liquid to bodily tissues.

DAILY BRAIN GAME

Use the set of numbers to achieve the target number. You can use +, -, x and / but each number can only be used once. Numbers: 5, 7, 20. Result 107.

QUIZ TIME

Each week we will test your knowledge on what's been happening in the news. For the answers visit NiE online.

- 1 Which members of the British Royal Family recently visited Australia?
- 2 The premier of which state resigned last week?
- 3 Which singer has postponed her Australian tour due to ill health?

THE most frequently occurring illness in children and adults throughout the world and a leading cause of doctor visits, missed days from school and work is the common cold.

The condition is medically referred to as an upper respiratory tract infection caused by a virus.

The viruses that cause colds are spread by infected airborne droplets or by direct contact with infected secretions. Even though colds are more common in winter, the weather itself does not increase the chance of getting a cold.

People are in closer contact with each other at this time of year, because they stay indoors, making it more likely to infect each other.

The symptoms

By the time you begin to feel cold symptoms, you've been infected for two to three days. This period of time is called the incubation period.

Symptoms of a cold vary from person to person and usually last from a few days to a week or more.

If you are suffering from a cold you may experience a stuffy or runny nose, sneezing, sore throat, cough, headache, red eyes, swelling of lymph glands, fever, a loss of appetite and sometimes vomiting. It is virtually impossible to avoid catching a cold. However there are steps you can take to limit the risk of becoming infected:

- Avoid contact with infected individuals
- Wash your hands regularly
- Clean potentially infected surfaces

DID YOU KNOW?

- More than 200 types of viruses can cause the common cold.
- Antibiotics play no role in treating a cold. Antibiotics are effective only against illnesses caused by bacteria, and colds are caused by viruses.
- The average adult suffers four colds a year, while children have up to 12.
- For people with underlying illnesses such as asthma and chronic obstructive pulmonary disease, the cold can pose a serious health risk.

or personal objects

- Do not share personal belongings such as towels, and eating utensils
- Encourage individuals to cover their nose and mouth when coughing or sneezing to prevent transmission of the virus

Kick the cold

Colds are no fun but there is no cure or specific treatment for a cold. You just have to sit it out.

But there are lots of things you can do to ease the symptoms as your body fights off the infection.

- Drink lots of fluids,
- Take some paracetamol (in appropriate doses) if fever is present
- To soothe a sore throat, gargle with warm saltwater or use lozenges
- Steam bath, nasal drops or spray may ease a blocked nose
- Rest is important if you have a cold because it helps your immune system fight the cold



NEXT WEEK
Mother's Special Day



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