

How to avoid runny nose when it is cold?

Here are instructions on how to avoid runny nose when it is cold. A runny nose is caused by the nasal cavity trying to warm the air before allowing air to reach the lungs, leading to the production of mucus. Therefore, how to prevent runny nose when it is cold is to keep warm and moisten the air before inhaling.

A runny nose is a common phenomenon that is common in all ages and all genders in cold weather. Although there are few serious health effects, runny nose can be uncomfortable for everyone. In addition, not to mention that, if left untreated for a long time, it can lead to respiratory diseases such as sinuses, sore throat, bronchitis . So, understanding the information needed It is necessary to completely treat the runny state.

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Part 1: Prevention and treatment of runny nose due to cold weather

1. Wrap the scarf around the nose and mouth when going out



When wrapping a towel around the nose and mouth when going out, the air will be warmed through the towel before you inhale. You will also exhale moisture into that space to help moisten the air. **Warming and humid**

air helps the sinuses in your nose not produce as much moisture and your nose will not run any more.

2. Turn on the humidifier while indoors



Indoor air may be warm enough but if too dry it can cause runny nose, so you can use a personal humidifier in your room or install a humidifier for the whole family.

3. Spray the nose with salt water to moisten the nasal cavity



The nose drops into a glue that causes a runny nose. Therefore, washing with **salt water** will keep the nostrils moist and help prevent the nose from producing too much mucus.

4. Use nasal sprays like **Dristan** (or any type containing "pseudoephedrine" ingredient)



Experts recommend not to use this substance on a regular basis, but occasionally use it to get the best condition if there is an important job to do in cold weather and do not want a runny nose. For example, if you are a ski athlete preparing to compete, you must use a nasal spray before joining the race.

1. The effect of nasal spray is to prevent mucus from accumulating for a short time, allowing you to complete your activity (*such as in a race*) without having to worry about running nose.
2. Sometimes, the nose may flow more after the nasal spray expires, which is why it is recommended not to be used on a daily basis.
3. If you buy Dristan pills or other nasal sprays that do not work, you should see your doctor to consider using a stronger spray containing corticosteroids.

5. Taking decongestants



Drugs such as **Sudafed** (or "pseudoephedrine" ingredient) are effective. In addition, you can consult a pharmacist when choosing the appropriate medication.

1. Taking this medicine will significantly reduce the amount of mucus in your nose, thereby reducing the symptoms of cold runny nose.
2. However, it should be mentioned that regular use of the drug should not be used, as it may aggravate the runny nose when the medication expires. So, only use it if you have something important to do when it's cold and don't want to have a runny nose during that time.

Part 2: Understanding Causes of a runny nose

1. Identify the cause



When you have a runny nose, it may be because you are sick (*often accompanied by other cold symptoms such as sore throat, cough, .*), sadness (*when crying, water from the eyes running down the nose*), or weather cold (*because the nostrils are designed to warm the air before entering the lungs and to do so our nose must produce more mucus when it is cold*). Also, it may be related to allergies, environmental irritants (*such as smoke*), or side effects of some medicines.

2. Find out the cause of a runny nose when it is cold



When breathing through the nose, the sinuses in the nose warm and moisten the air by swirling it around the mucous membranes lining the nasal cavity. This prevents the throat and lungs from being irritated with air that is cooler than body temperature.

1. Water is a by-product of this process and excess water flows down the back wall, through your nose.
2. The sinuses perform this function all year round, but due to the temperature difference in cold weather (*especially in winter*), it is more pronounced in the cold.

3. Understand that runny nose due to cold weather is extremely normal



You don't need to be too worried. In fact, they are so normal that they are called " *skier's nose* " because almost 100% of snowboarders complain that they have runny nose.

1. A runny nose caused by cold is **NOT** related to disease and does not involve the common cold.
2. Although many people believe there is an association between cold weather and " *colds* ", this is said to be due to staying too long in the house, where germs are easily transmitted from one person to another (and not connected) much to the cold outside weather).

Refer to some more articles:

1. How to treat flu with garlic effectively does not require medication
2. How to recognize, prevent and treat flu by natural methods
3. 9 habits should be removed immediately if you do not want to be sick when it is cold

Having fun!

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