

Name: \_\_\_\_\_



# Colds



A cold is sometimes referred to as the common cold, it is an infectious virus. An infectious virus is contagious and can spread easily. You can catch a cold by touching high touch areas that somebody with a cold has touched, or when you are exposed to somebody who already has a cold. When you catch a cold, your sinus, your throat and your chest are usually affected. The symptoms of a cold will usually begin one or two days after you were exposed to the germs. The symptoms can often include a runny nose, a cough, a sore throat, sneezing and sometimes a bit of a fever. A cold can last just a few days and as long as three weeks. Preventing colds include washing hands frequently, avoiding high touch areas, limiting your exposure to individuals who have a cold, and not touching any face openings. If you have touched a handle, knob, door, tap, that contains germs and then touch an opening in your face, you may become infected with a cold. Another way to prevent catching colds is to boost your immune system by eating healthy, getting exercise and sleeping well. There is no cure for the cold, but your symptoms can be treated with pain relief medicine and cough medicine. Some people think you can catch a cold from being cold or wet but this actually isn't true. If you have a cold and become cold or wet, it may make you feel worse though.

## QUESTIONS:

- 1 In your own words, define the word cold.
- 2 What are the symptoms of a cold?
- 3 How can you catch a cold?
- 4 How can you prevent a cold?
- 5 Have you every had a cold? Describe how you felt and what you did to feel better.