

“The Common Cold” - A00071

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What Do You Know About the Common Cold?

Do you think getting cold can give you a cold?
Can chicken soup cure a cold?

Ranit Mishori is a doctor at Georgetown University Medical Center in Washington. She says colds are more common in winter, but not because of low temperatures.

RANIT MISHORI: "The way the common cold virus is transmitted is through handshakes, through sneezing, or coughing on one another."

Adults generally get two to three colds a year. Children are likely to catch four or five.

There is still no cure for the common cold. But Dr. Mishori says there are ways to feel better sooner.

RANIT MISHORI: "Taking about two grams of vitamin C a day might shorten the number of days that you will be suffering."

She says honey can also help.

RANIT MISHORI: "It helps shorten the duration two to three days."

Some people believe in treating a cold with chicken soup. Does it work?

RANIT MISHORI: "Chicken soup has anti-inflammatory properties, so it helps reduce the duration of the cold but also it helps clear the mucus."

Mucus is the sticky substance that can make you cough and have trouble breathing during a cold.

RANIT MISHORI: "You have to drink a lot and you can drink water or you can drink tea -- anything that gets fluids into your body. That's very important."

How do you and your family treat colds? Tell us.



