

Negative Influence of a Cold And Means of Avoiding It

Your Name

Educational Institution

Everyone knows that getting wet in rainy or snowy weather may lead to catching a cold. The old English saying goes like: “You will catch your death of cold,” which reflects the belief that this kind of illness may be really harmful to one's health, resulting in serious consequences. The reason for such a pessimistic tone lies in the fact that in the early part of the 20th century in the majority of cases, colds led to serious complications and often lead to death. The level of medical service was much lower than today, and the population of many countries suffered from the lack of medical knowledge and practical skills. The basic medical advice in this respect was to keep one's face and feet from getting cold and wet. To follow this recommendation, people tried to wear a hat and wrap up warm. Nevertheless, they did not always manage to keep their feet warm and, after all, were very likely to catch a cold (Bauer, 2015).

Later in 1950s, doctors came to the conclusion that the best possible cure after getting cold and wet was to keep the feet in a bowl of warm water and to keep the head over a pan of steaming water. Even though this medical advice seems to be rather simple, even today it turns out to be good practice! That is because letting one's nose dry out is sure to cause further cold development. The quickest way to decrease the risk and reverse the process is to warm up and to keep the nose moist. This increases the chance of staying well and avoiding a cold.

The good news is that today people are likely to think about ordinary colds without being afraid of them too much. This common ailment is no longer seen as life threatening. Adults and children are both likely to catch a cold several times each year. However, colds still range from a very mild form to really severe. Very often, people confuse the common cold with a case of influenza – commonly referred to as the flu. It is important to distinguish between catching a simple cold and catching the flu. When getting a cold, one may have a little fever or no fever at all. A running nose, sore throat, and irritating cough are typical for this kind of ailment. Unlike a simple cold, the flu causes a high temperature and results in a strong fever and constant, intense headaches, exhaustion, and severe aches in the body (Zinger, 2015). The flu is really severe and dangerous.

Every year, outbreaks of flu occur in many countries. People do their best to take all the needed measures to improve their health and to avoid that disease.

Still, there is always hope in following simple tips that may help to avoid getting a cold, or even the flu. These suggestions will help you to feel healthy and safe even during times of seasonal epidemic outbreaks. It is essential to reduce contact with people infected by flu, to keep the feet warm, and to drink plenty of liquid every day. Doing physical exercise and getting a good rest, as well as avoiding cigarette smoke and using only clean dishes may also help (Zinger, 2015).

References

Bauer P. (2015). The common cold. London: Encyclopedia Britannica Inc.

Zinger, S. (2015). How to avoid colds and flu this winter. *Daily Mail*, 20-21.