

Frequently asked questions

Q: Can I take antibiotics to cure a cold or flu?

A: Antibiotics are only effective on bacterial infections. They do not work against cold and flu viruses.

Q: Can I starve a cold and feed a fever?

A: There is no conclusive evidence for withholding or increasing food or drink intake to reduce the symptoms or length of a cold. The body needs proper nutrition and fluids to maintain body functions and to relieve stress.

Q: Is there a vaccine to prevent colds?

A: Vaccines only work against certain types of flu viruses they are made for. There is no effective universal vaccine for the common cold.

Q: If I take Vitamin C, will it prevent or stop a cold?

A: Studies show that Vitamin C reduces some cold symptoms and the length of the illness. However, there is no proof that it is a cure or prevents infection.

Q: Will I prevent a cold if I dress warmly?

A: No. While it's important to stay warm, colds are spread from person-to-person or from touching a contaminated surface.

Q: What is the single best thing for preventing the cold or flu?

A: Wash your hands!

