Catching a Cold

Have you ever been sick with a cold? People have different ideas about what causes a cold. Check off the things that cause you to “catch a cold.”

___ having a fever
___ being wet
___ being wet and cold
___ germs
___ spoiled food
___ not getting enough sleep
___ lack of exercise
___ cold weather
___ dry air
___ imbalance of body fluids

Explain your thinking. Describe how people “catch a cold.”

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