

# 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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