

Answers to questions about the common cold (featured in the video at 10 minutes 59 seconds)

Why might vitamin D be helpful in preventing a cold?

It is possible that Vitamin D helps prevent colds by boosting our immune system.

Why are we all advised by Public Health England (PHE) to take a 10microgram vitamin D daily supplement in the winter months? (PHE, 2016).

Most of our Vitamin D is produced by the action of sunlight on our skin and in the winter months in UK we have short days, often with overcast skies.

Why would we not expect antibiotics to work to cure a cold?

Antibiotics are active against bacteria. The common cold is a viral infection.

Why is it particularly difficult to produce a vaccine against the common cold?

There are around 200 different viruses that can give us cold symptoms, making it is difficult to produce an effective vaccine.