

Common Cold

Work in small groups and discuss these questions:

When was the last time you had a cold?

□ What are the typical symptoms of a bad cold? Can you list at least three?

□ Do you think you get more colds in Ireland than you did in your country?

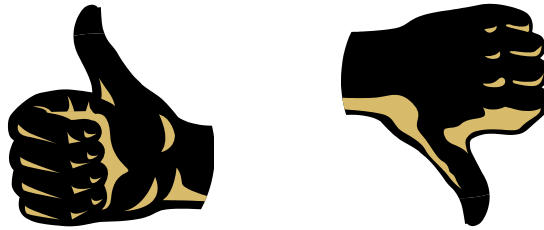
Many people get colds in Ireland. Why?

□ Are colds more common in summer or winter?

Do you keep your children at home from school if they have a cold?

□ What is the best remedy for a bad cold?

Good or bad idea?



If I have a cold I should...

Rest in bed. _____

Drink something hot. _____

Wash my hair and go for a walk. _____

Drink alcohol. _____

Take aspirin. _____

Gargle warm salt water. _____

Have a dinner party. _____

Drink plenty of fluids. _____