

The Common Cold - Vocabulary Worksheet

The 'common cold' (also known as **viral rhinitis** or head cold) is **endemic** or common around the world. There are more than 200 strains or variations of the common cold but its symptoms are generally predictable. These include an obstructed nasal passage (blocked nose) a sore throat, congestion, coughing, sneezing etc.

There is no known cure for a common cold. A cold is a virus - mild form of corona virus, in fact. Antibiotics do not work against viruses, but the body's natural immune system can usually overcome a familiar virus. After a few days our **antibodies** (usually) expel the invading germ or pathogen.

These antibodies also act to prevent future infections by the same pathogen. Unfortunately the cold virus rapidly mutates - creating new versions of itself to attack again in the future. Most people experience one or two colds each year.

Medication can help treat the symptoms of a cold. You can take pain killers to ease the headache, **decongestant** for the blocked nose, throat lozenges and so on. For some more serious viruses - HIV and Covid-19, for example, new **antiviral** drugs, can help to slow the progress of the pathogen.

Quick Check: True or False?

1. Medication will not help the symptoms of a cold.
2. The common cold is a corona virus.
3. A virus is a pathogen..

Vocabulary; Find the word or phrase that matches these definitions.

Paragraph 1

1. Very common and very difficult to eliminate.
2. A type or variation.
3. Physical signs of a medical problem.

Paragraph 2/3

1. Antibiotics do not work against this form of pathogen.
2. How the body deals with pathogens.
3. Drugs used against bacterial infections.
4. Changes into different version of itself.

Paragraph 4

5. Medication to help with breathing problems
6. Drugs that can help reduce the damage caused by a virus.
7. Corona virus associated with pandemic.