

ColdLogic



You can only catch a cold virus from another person, and that's much more likely to happen indoors, where viruses find it easier to jump around.

Most scientists think the main reason we catch colds more often in winter is because we all spend a lot more time inside cosied up together.

The one place on earth where you're least likely to catch a cold is in the frigid depths of Antarctica, where cold and flu viruses run out of people to infect and die out.

Keep warm but get plenty of fresh air too.

Rest is good, but so is exercise: moderate exercise has been shown to help people with bad colds feel better.

And if you're already exercising 30 to 60 minutes a day, you're less likely to get a cold in the first place.

Stay active-Exercise helps to stimulate your immune system.

Extract's taken from Next magazine
June 2011 'Winter Health Special'

The last flight leaves sixteen of us "Wintering Over" at Scott Base Antarctica. And so for the next eight months I become a cough and cold free zone, until the first plane arrives, heralding the end of winter and bringing people with bugs.
We all go home with a cold.

My job involved spending at least 20 minutes every day outside (regardless of weather) but many days that time was much longer, often all day. Winter temperatures in Antarctica are between -20 and -40 degrees.

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2004/05
2007/08

