

# 7 Myths About Immunity



## 1. The cold causes colds

Colds are caused almost exclusively by viruses, not by the cold itself. But cold air can dry your nasal membrane out, making it more susceptible to cold viruses.

## 2. Antibiotics help fight colds

Colds are almost exclusively caused by viruses, and antibiotics only work against bacteria.



## 3. Taking antibiotics prophylactically can prevent you from getting sick

As bacterial resistance has become more of a concern, using antibiotics as a preventive measure against infections has become less common in recent years.

## 4. Handwashing kills viruses and bacteria

Soap works mainly by acting as a bit like glue between the dirt and the water. When you rinse your hands, the water washes away the soap molecules - along with viruses and bacteria.

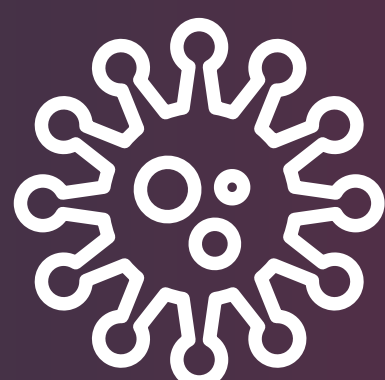


## 5. The more Vitamin C, the better!

Studies have shown that vitamin C can help your body fight infections. But your body can only absorb a certain amount each day, with the rest being excreted.

## 6. Yogurt is great for your gut and therefore for your immune system

Not all yogurts contain probiotics that promote gut health and immunity. As always, it pays to read the label.



## 7. Any exposure to an illness-causing viruses or bacteria will make you ill

Whether you get sick depends on many things including the type and amount of pathogens you encountered, and how strong your immune system is.