



### **Does rain and cold weather make you sick or happy?**

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Being in rainy or cold conditions during exercise is not a direct cause of viruses like cold or flu. You must come into contact with a virus to contract these illnesses.

However, if, after being in the rain, you stay cold for long enough, the body's immunity drops and you become more susceptible to illness.

Yale researchers have found a link between temperature and our body's ability to fight a cold. The colder we get, the easier it is for some virus.