

Mom was right – bundle up to ward off a cold

By Sonja Elmquist, Bloomberg

Yale University researchers are on your mom's side when it comes to fighting a cold: put on a sweater.

The immune system doesn't combat cold viruses as well at lower temperatures, according to an early study in mice published today in the Proceedings of the National Academy of Sciences.

Doctors have understood for decades that temperature affects the way cold viruses reproduce. Akiko Iwasaki, a Yale professor of immunobiology who led today's study, now has research, as well as motherly intuition, to bolster the case for staying warm that she makes to her kids.

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