Exposure to Common Colds Could Increase Your Immune Response to COVID

Who knew experiecing yearly colds could be a good thing?

A new study published in the microbiology journal *mBio* found that memory B cells immune cells that fight common colds also react to the coronavirus. These memory B cells are responsible for secondary immune responses and can survive in the body for decades. This could give people whose memory B cells are frequently exposed to seasonal colds an advantage in dealing with coronavirus.

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> *When we looked at blood samples from people who were recovering from COVID-19, it looked like many of them had a pre-existing pool of memory B cells that could recognize SARS-CoV-2 and rapidly produce antibodies that could attack it…"*
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> *Dr. Mark Sangster, lead author and research professor of microbiology and immunology at the University of Rochester Medical Center*

The study had a small sample size, comparing the blood samples of 26 people recovering from mild to moderate COVID-19 to 21 blood samples from healthy donors collected six to ten years ago. One of the components of a key protein in coronaviruses, the Spike protein, remains the same across all coronaviruses, including those that cause the common cold.

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The United States' response to the coronavirus has mentioned

little about the immune system or immune response, choosing instead to focus on external strategies like masks. The CDC page on how to protect yourself and others mentions absolutely nothing about diet or lifestyle changes that could benefit your immune response. In the eyes of the United States government, the only keeping you from contracting coronavirus is your mask – which is patently false and an incredibly limited way of looking at health. You can boost your immune system and improve your body's natural response to COVID-19 and other viruses. Check out this article.