- Cold (Disease) / Influenza

Do rainy days cause more colds, flu and sore throats?

Gulf News · 22 Dec 2025 · 3 · DUBAI BY ASHWANI KUMAR

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Dr Mohamed Shaaban | Consultant Pulmonologist at Prime Hospital, Dubai

o respiratory infections increase during wet weather? Not exactly, doctors says, stressing that its the conditions surrounding wet weather that raise the likelihood of falling sick.

"From a medical perspective, rain itself does not cause infections.

Respiratory illnesses are caused by viruses and bacteria," said Dr Mohamed Shaaban, Consultant Pulmonologist at Prime Hospital, Dubai. "However, rainy weather creates conditions that make the spread of infections more likely."

During rainy days, people tend to stay indoors for longer periods, often in enclosed, poorly ventilated spaces."This increases close contact and facilitates the transmission of respiratory viruses," Dr Shaaban said. Rapid temperature changes also play a role, he said.

Dr Qudsia Anjum Fasih, Specialist — Family Medicine at Burjeel Day Surgery Centre, Al Shahama, said rain is often perceived as the culprit simply because more illnesses are noticed during the season.

"When people stay indoors in crowded spaces, viruses spread more easily. People often go outside to enjoy the weather, and this exposure again makes humans easy prey to viruses," she said.

Doctors said simple precautions can significantly reduce illness risk. These include maintaining good hand hygiene, avoiding close contact with sick individuals, ensuring proper ventilation, staying dry, changing wet clothes quickly, avoiding sudden exposure to cold air conditioning, and keeping chronic respiratory conditions well controlled.

Staying hydrated, getting enough rest, eating healthy food, using masks when necessary and staying up to date with flu vaccination are also strongly advised. "Rainy weather should not be a cause for concern but rather a reminder to prioritise lung health and prevention," Dr Shaaban said.