



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. What causes colds?
 - a. not dressing warmly when it's chilly
 - b. microscopic viruses in the air or on things you touch
 - c. sitting or sleeping in a draft
 - d. going outside with wet hair

2. List three cold symptoms:

3. True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.

4. After you have a cold, you're still contagious for _____ days.

5. Name two things you can do to ease cold symptoms:

6. True or false: The best way to prevent yourself from catching a cold is to wash your hands frequently.

7. Flu is the common name for influenza, a virus that infects the:
 - a. respiratory system
 - b. cardiovascular system
 - c. nervous system
 - d. digestive system

8. True or false: Someone who has the flu can spread it by sneezing, coughing, or speaking.

9. List three symptoms of the flu:

10. The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for all people age _____ and older.

11. EXTRA CREDIT #1: CDC headquarters are in _____.

12. EXTRA CREDIT #2: A sneeze can shoot mucus out of your nose at up to _____ miles per hour.

13. EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
 - a. 3
 - b. 12
 - c. 25