



Quiz Answer Key

- What causes colds?
 - not dressing warmly when it's chilly
 - microscopic viruses in the air or on things you touch
 - sitting or sleeping in a draft
 - going outside with wet hair
- List three cold symptoms:
Any three of the following: coughing, sneezing, stuffy or runny nose, tiredness, headaches

- True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.
- After you have a cold, you're still contagious for 3 or 4 days.
- Name two things you can do to ease cold symptoms:
Any two of the following: drink lots of fluids, get lots of sleep, take a warm bath or shower

- True or false: The best way to prevent yourself from catching a cold is to wash your hands frequently.
- Flu is the common name for influenza, a virus that infects the:
 - respiratory system
 - cardiovascular system
 - nervous system
 - digestive system
- True or false: Someone who has the flu can spread it by sneezing, coughing, or speaking.
- List three symptoms of the flu:
Any three of the following: headache, sore throat, fever, chills, muscle aches, dry cough, tiredness, loss of appetite, vomiting, abdominal pain, diarrhea

- The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for all people age 6 months and older.
- EXTRA CREDIT #1: CDC headquarters are in Atlanta.
- EXTRA CREDIT #2: A sneeze can shoot mucus out of your nose at up to 100 miles per hour.
- EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
 - 3
 - 12
 - 25