Quiz Answer Key

1. Symptoms of the flu include:
   a. fever
   b. body aches
   c. headaches
   d. tiredness
   e. all of the above

2. The flu is spread through the air when a person who has the virus     coughs, sneezes, or speaks.

3. Flu season is from from ________ October ________ to ________ May ________ .

4. True or false: All people age 6 months and older should get an annual flu vaccine.

5. 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

6. List three cold symptoms:
   Any three of the following: coughing, sneezing, stuffy or runny nose, tiredness, headaches

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

8. Most colds last for about ________ 1 week ________ .

9. Name three things you can do that can ease cold symptoms:
   Any three of the following: drink extra fluids, get extra sleep, take a warm bath or shower, take acetaminophen

10. True or false: Colds and the flu can be prevented by washing your hands.

11. EXTRA CREDIT #1: The “rhino” in rhinovirus is derived from the Greek word for ________ nose ________ .

12. EXTRA CREDIT #2: The word “influenza” comes from the Italian word meaning “ ________ influence ________ ” of the stars.

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