



Quiz Answer Key

- Symptoms of the flu include:
 - fever
 - body aches
 - headaches
 - tiredness
 - all of the above
- The flu is spread through the air when a person who has the virus coughs, sneezes, or speaks.
- Flu season is from from October to May.
- True or false: All people age 6 months and older should get an annual flu vaccine.
- 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.
- Most colds last for about 1 week.
- 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

- True or false: Colds and the flu can be prevented by washing your hands.
- EXTRA CREDIT #1: The “rhino” in rhinovirus is derived from the Greek word for nose.
- EXTRA CREDIT #2: The word “influenza” comes from the Italian word meaning “influence” of the stars.
- 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