How much do you know about colds and flu?

1. *True or False*: Cold temperatures outside cause colds and flu.

2. *True or False*: Flu season ranges from December through March.

3. Which of the following tips for avoiding colds and flu are correct? Select all that apply.
   a. Eat healthy foods to strengthen your immune system
   b. Avoid touching your mouth, nose and eyes, and wash hands often
   c. Drink hot tea with honey
   d. Clean and wipe down shared surfaces such as counters, keyboards and phones

4. *True or False*: Any kind of soap is effective at removing germs if you vigorously rub hands together for 15-30 seconds.

5. *True* or *False*: Common colds can become sinusitis and influenza can turn into pneumonia if you don't get enough rest when you are sick.

6. *True* or *False*: Some over-the-counter cold and flu medicines can be dangerous when you drive a vehicle or work around machinery.

7. Flu symptoms can include which of the following? Select all that apply.
   a. High Fever 102-104°F
   b. Rash
   c. Nausea, vomiting and/or diarrhea
   d. Muscle aches

8. *True* or *False*: Eating healthy foods and participating in moderate exercise can help avoid the flu.

9. *True* or *False*: A person is only contagious when they have a fever.

ANSWER KEY

1. False
2. False – The flu season in the U.S. typically ranges from November – April.
3. A, B, D are correct answers – C may be comforting but does not help avoid sickness.
4. True
5. True
6. True – Antihistamines can make you drowsy, which is dangerous when on the road or in the workplace. Seek advice from a physician.
7. A, C, D are correct. Rash is not a typical symptom of flu.
8. True
9. False – A flu infected person may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick.

National Safety Council
1121 SPRING LAKE DRIVE, ITASCA, IL 60143-3201 | (800) 621-7619 | NSC.ORG

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