



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.

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