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 – A persons hands may be able to infect others beginning one day before symptoms develop and up to the day after becoming sick.
2. True
3. A, B, D are correct answers – C may be comforting but does not help avoid sickness.
4. True
5. True or False – The flu season in the U.S. typically ranges from November – April.
6. True
7. A, C, D are correct. Rash is not a typical symptom of flu.
8. True
9. False – A person is contagious when the flu is diagnosed. When on the road or in the workplace, seek advice from a physician.