

Preventing Colds and Flu Questionnaire

Name: _____

Please circle your answers to the following questions.

1. Cold symptoms commonly include all but the following:
 - a. Sneezing
 - b. Sore throat
 - c. Chest pain
 - d. Stuffy or runny nose
2. Which of the following over the counter medications may help ease cold symptoms?.
 - a. Decongestants
 - b. Antihistamines
 - c. Pain relievers
 - d. All of the above
3. During an average flu season, what percentage of the population will get the flu.
 - a. 5%
 - b. 20%
 - c. 33%
 - d. 50%
4. Who should get vaccinated for the flu?
 - a. Persons 6 months of age or older
 - b. Pregnant women
 - c. Individuals living with others who are at high risk for developing flu complications
 - d. All of the above
5. Which of the following actions may help prevent colds and flu?
 - a. Stay away from people who are sick
 - b. Get vaccinated for the flu yearly
 - c. Eat healthy, exercise, get enough sleep, and manage stress
 - d. Wash your hands with soap and water or use alcohol-based hand sanitizers if soap and water is not available
 - e. All of the above
6. Symptoms of the flu are usually worse than the common cold.
 - a. True
 - b. False