



Quiz Answer Key

1. What causes colds?
 - a. not dressing warmly when it's chilly
 - ☒ b. microscopic viruses in the air or on things you touch
 - c. sitting or sleeping in a draft
 - d. going outside with wet hair
2. List three cold symptoms:
Any three of the following: coughing, sneezing, stuffy or runny nose, tiredness, headaches

3. True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.
4. After you have a cold, you're still contagious for 3 or 4 days.
5. Name two things you can do to ease cold symptoms:
Any two of the following: drink lots of fluids, get lots of sleep, take a warm bath or shower

6. True or false: The best way to prevent yourself from catching a cold is to wash your hands frequently.
7. Flu is the common name for influenza, a virus that infects the:
 - ☒ a. respiratory system
 - b. cardiovascular system
 - c. nervous system
 - d. digestive system
8. True or false: Someone who has the flu can spread it by sneezing, coughing, or speaking.
9. List three symptoms of the flu:
Any three of the following: headache, sore throat, fever, chills, muscle aches, dry cough, tiredness, loss of appetite, vomiting, abdominal pain, diarrhea

10. The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for all people age 6 months and older.
11. EXTRA CREDIT #1: CDC headquarters are in Atlanta.
12. EXTRA CREDIT #2: A sneeze can shoot mucus out of your nose at up to 100 miles per hour.
13. EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
 - a. 3
 - ☒ b. 12
 - c. 25