



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- What causes colds?
  - not dressing warmly when it's chilly
  - microscopic viruses in the air or on things you touch
  - sitting or sleeping in a draft
  - going outside with wet hair
- List three cold symptoms:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.
- After you have a cold, you're still contagious for \_\_\_\_\_ days.
- Name two things you can do to ease cold symptoms:  
\_\_\_\_\_  
\_\_\_\_\_
- True or false: The best way to prevent yourself from catching a cold is to wash your hands frequently.
- Flu is the common name for influenza, a virus that infects the:
  - respiratory system
  - cardiovascular system
  - nervous system
  - digestive system
- True or false: Someone who has the flu can spread it by sneezing, coughing, or speaking.
- List three symptoms of the flu:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for all people age \_\_\_\_\_ and older.
- EXTRA CREDIT #1: CDC headquarters are in \_\_\_\_\_.
- EXTRA CREDIT #2: A sneeze can shoot mucus out of your nose at up to \_\_\_\_\_ miles per hour.
- EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
  - 3
  - 12
  - 25