



Cold & Flu SURVIVAL STRATEGIES

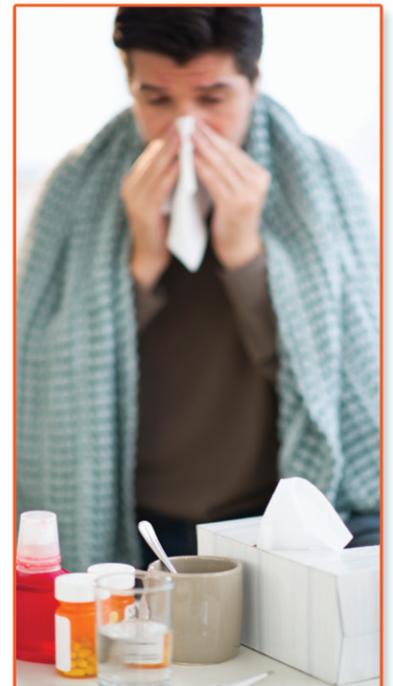
SHOW WHAT YOU KNOW

While colds and the flu are an annual threat to good health, there are steps you can take to protect yourself. Answer the questions below to show what you know about these contagious diseases.

COLD & FLU FACTS: True Or False?

Write "True" after the statements that are correct and "False" after the ones that are wrong.

- Both colds and the flu are respiratory infections. _____
- Flu symptoms can last from a few days to a few weeks. _____
- Fever is common to both colds and the flu. _____
- Some people actually get the flu from the flu vaccine. _____
- The best way to prevent the flu is to get an annual flu vaccine. _____



PREVENTION & TREATMENT: Multiple Choice

Circle the best answer to each multiple-choice question or statement below.

- The flu could send you to the hospital to be treated for...

| | |
|--------------------|---------------|
| A. acid reflux. | B. pneumonia. |
| C. stomach ulcers. | D. stroke. |
- Be sure to take extra precaution during these months, when the flu is most common:

| | |
|-------------------------------|---------------------------|
| A. September through November | B. December through March |
| C. April through June | D. July through September |
- Which of the following does **not** help guard you from colds and the flu?

| |
|---|
| A. Getting enough daily sleep, exercise, and nutritious foods |
| B. Keeping stress under control |
| C. Setting the thermostat at home to 76 degrees |
| D. Washing or sanitizing your hands regularly |
- Which is **not** a helpful way to deal with cold or flu symptoms?

| | |
|--------------------------------------|---|
| A. Taking an ice-cold bath or shower | B. Avoiding tobacco and alcohol |
| C. Drinking plenty of fluids | D. Moistening the air with a humidifier |
- Which of the following groups is **not** among those most likely to suffer serious health complications from the flu?

| | |
|---------------------------|-------------------|
| A. People 65 years and up | B. Young children |
| C. Pregnant women | D. Pet owners |

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ANSWER KEY

1. *TRUE*
2. *TRUE*
3. *FALSE*. Fever is rare with colds, but common in those who have the flu.
4. *FALSE*. You cannot get the flu from the flu vaccine because it is made from “inactivated” viruses. The vaccine may cause some mild side effects that people mistake for the flu, including a low fever and body aches.
5. *TRUE*
6. *B*. Pneumonia is one of the more serious potential complications from the flu, along with bronchitis and sinus and ear infections.
7. *B*. December through March is considered the peak of the flu season. However, flu outbreaks can occur as early as October—so don’t wait to take precautions.
8. *C*. The other three strategies—A, B, and D—are ways to stay healthy and fight off all kinds of illnesses
9. *A*. B, C, and D are effective in helping you feel better and recover more quickly.
10. *D*. Risks for complications are greatest among infants, the elderly, and pregnant women, as well as among people with certain chronic health conditions.