

SPREAD THE WORD, NOT THE BUG! QUIZ

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- 1) **When does the flu season begin in the United States?**
 - A) It varies
 - B) October
 - C) November/December
 - D) January/February
- 2) **How often should you get a flu shot?**
 - A) Every other year
 - B) Once, beginning at age 6 months
 - C) Once, beginning at age 65
 - D) Every year
- 3) **“If I have a fever, I probably have a cold instead of the flu.”**
 - A) True
 - B) False
- 4) **Which of the following strains of influenza are covered by the vaccine this year?**
 - A) H1N1 (an influenza A virus)
 - B) H3N2 (an influenza A virus)
 - C) An influenza B virus
 - D) All of the Above
- 5) **You still need the flu shot even though you are not at risk for having complications from the flu.**
 - A) True
 - B) False
- 6) **Who among the following groups are at risk for complications from the flu?**
 - A) People 65 years old and older
 - B) Children under 5 years old
 - C) Women who are pregnant
 - D) People weak immune systems
 - E) All of the above
- 7) **During a regular flu season the most deaths from flu usually occur in which population?**
 - A) People with chronic lung disease
 - B) Children under 2-years old
 - C) People with kidney disease
 - D) People 65 years and older
 - E) Women who are pregnant
- 8) **You should usually not get a flu vaccine if you are allergic to...**
 - A) Peanuts
 - B) Milk
 - C) Eggs
 - D) Latex
- 9) **“If I do not get my flu shot before December, I shouldn’t bother to get it at all.”**
 - A) True
 - B) False
- 10) **If I’m feeling flu-like symptoms, I should stay home.**
 - A) True
 - B) False



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ANSWERS

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1) IT VARIES.

The timing for flu activity in the United States can be very unpredictable. It commonly peaks in January or February, but flu activity can begin as early as October and continue as late as May. That's why it is good to get your flu shot before the season starts, so that your body can build up immunity.

2) EVERY YEAR

Because the flu virus changes most years, you have to get a flu vaccine each year.

3) FALSE

While not everyone who has the flu will have a fever, it is common to feel feverish with the flu. Along with fever, people with the flu generally have a combination of body aches, extreme tiredness, headaches, and a dry cough, among other symptoms. You may experience some or all of the symptoms. The symptoms of the flu also tend to be more severe than those of a cold. Be sure to check with your healthcare provider if they become severe.

4) ALL OF THE ABOVE

Each year, researchers try to anticipate the strains of flu that will dominate the upcoming season. This year, that includes particular strains of H1N1, H3N2, and influenza B. Getting the vaccine early enough (before exposure) will protect you from those particular strains. And, if you encounter a mutation of one of the strains, your symptoms may be less severe.

5) TRUE

Getting a flu shot is a good idea, even if you are not at risk, because the shot not only protects you, it also protects your loved ones, especially if you provide care, live, or work with someone who may be vulnerable to complications from the flu virus.

6) ALL OF THE ABOVE

It is important for everyone to get the vaccine; it protects those who are most vulnerable.

7) PEOPLE 65 YEARS AND OLDER

While the other populations are at risk during a regular flu season, according to the CDC, about 90 percent of deaths occur in people 65 years and older.

8) EGGS

Serious allergic reactions to egg proteins, including severe anaphylactic reactions, are usually considered to be a reason to not receive the influenza vaccine. The influenza vaccine is produced in embryonated eggs, and so can sometimes cause a reaction in people with egg protein allergies.

9) FALSE

While it's ideal to get your flu shot around October or November, it is still helpful to get the vaccine anytime before flu season comes to your area. You want to plan ahead, though, so that your body has enough time to react to the vaccine to make it effective. It's been estimated that this takes about two weeks.

10) TRUE

If you feel flu-like symptoms, avoid contact and exposure with others as much as possible. This can help keep the virus from spreading. The CDC recommends that you stay home for at least 24 hours after your fever is gone if you are feeling flu-like symptoms with fever. Only go out for medical appointments and for necessities.

