

What's your Flu IQ?

Take the 8 question quiz and find out.

- Question 1** A flu vaccine can't give you the flu.
Answer: True.
The flu vaccine cannot cause flu illness. The viruses in the vaccine are either killed (flu shot) or weakened (nasal spray vaccine), which means they cannot cause infection.
- Question 2** The "stomach flu" and influenza are the same thing.
Answer: False.
The flu is a respiratory (lung) disease, not a stomach or intestinal disease. The main symptoms of the flu are fever (usually high), headache, extreme tiredness, dry cough, sore throat and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.
- Question 3** Flu viruses change constantly which requires a new flu vaccine to be produced each year.
Answer: True.
The viruses in the vaccine change each year based on worldwide monitoring of influenza viruses.
- Question 4** Washing your hands is the best thing you can do to protect against the flu.
Answer: False.
CDC recommends a flu vaccine as the first and most important step in protecting against the flu. However, preventative actions like covering your cough and washing your hands often are important everyday steps that can help stop the spread of germs.
- Question 5** The flu vaccine protects against three strains of flu.
Answer: True.
While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- Question 6** The flu is typically spread through coughs and/or sneezes.
Answer: True.
Flu virus is mainly spread through droplets from coughs and sneezes.
- Question 7** The flu is not a serious illness.
Answer: False.
Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized from flu complications and 36,000 people die from flu.
- Question 8** You can spread the flu to others before you have symptoms.
Answer: True.
Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Reference: 2010 www.flu.gov (Centers for Disease Control and Prevention, CDC)