

INFLUENZA QUIZ

More information and resources
are available online at:
[FOH.psc.gov/flu](https://www.foh.psc.gov/flu)
[FOH.psc.gov/toolkit](https://www.foh.psc.gov/toolkit)

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) One influenza A type virus
- B) One influenza B type virus
- C) One influenza A and one influenza B type virus
- D) Two influenza A and two influenza B type viruses

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 speak with your health care provider before you 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

INFLUENZA QUIZ 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) TWO INFLUENZA A AND TWO INFLUENZA B VIRUSES

Flu vaccines are formulated to protect against the anticipated viruses for a given year. In the past, the flu shot protected against three different virus strains (trivalent vaccine). This included two A viruses and one B virus. Now, there is an even broader spectrum of protection with a quadrivalent shot that covers two A viruses and two B viruses. Getting the flu shot early enough (before exposure to the wild version of the virus) will protect you from four flu virus strains. And, if you encounter a mutation of one of the strains, your symptoms may be less severe thanks to the immune system response triggered by the vaccine.

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. Some populations that are at high risk from flu complications include:

- Chronic lung disease (e.g., asthma and COPD)
- Diabetes (both types 1 and 2)
- Heart disease
- Some neurologic conditions

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, so it can sometimes cause a reaction in people with allergies to egg protein. Speak with your health care provider to see if he or she can offer you an alternative to the shot.

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.