

What is your Flu IQ?

Answers to the Flu Quiz

1. **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. NOTE: Persons with ESRD should not receive the nasal spray vaccine.
2. **False.** Stomach flu is a popular term for stomach or intestinal disease, whereas the flu is a respiratory (lung) disease. People who have the flu often feel some or all of these symptoms: fever, headache, extreme tiredness, dry cough, sore throat, and muscle aches. Nausea, vomiting, and diarrhea also can occur with flu, but are more common in children than adults.
3. **True.** The Centers for Disease Control and Prevention (CDC) recommends that people get vaccinated as soon as vaccine becomes available and that vaccination continues into December, January, and beyond. Influenza activity usually peaks in February most years, but disease can occur as late as May.
4. **True.** The viruses in the vaccine change each year based on worldwide monitoring of influenza viruses.
5. **False.** The CDC recommends a flu vaccine as the first and most important steps 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.
6. **True.** While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
7. **True.** Flu virus is mainly spread through droplets from coughs and sneezes.
8. **False.** Flu is a serious contagious disease that causes illness and related hospitalizations and deaths every year in the United States. Flu seasons can vary in severity. Over a period of 30 years, between 1976 and 2006, estimates of flu –associated deaths range from a low of about 3,000 to a high of about 49,000 people.
9. **True.** Flu vaccine is also available as a nasal spray. The nasal spray vaccine is an option for “healthy” people 2-49 years of age, who are not pregnant. “Healthy” indicates people who do not have an underlying medical condition that predisposes them to influenza complications. NOTE: persons with ESRD should NOT receive the nasal spray vaccine.
10. **True.** Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 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.