

What is Your Flu IQ?

What is true about the flu? Take this 10 question quiz to test your knowledge about influenza and influenza immunization. This quiz has been adapted from Centers for Disease Control and Prevention (CDC) resources.

- | | | |
|---------------------------------------------------------------------------------------------|------|-------|
| 1. A flu vaccine can't give you the flu. | True | False |
| 2. The "stomach flu" and influenza are the same thing. | True | False |
| 3. Getting the flu vaccine in December or later is too late. | True | False |
| 4. Flu viruses change constantly which requires a new flu vaccine to be produced each year. | True | False |
| 5. Washing your hands is the best thing you can do to protect against the flu | True | False |
| 6. The flu vaccine protects against three strains of flu. | True | False |
| 7. The flu is typically spread through coughs and/or sneezes. | True | False |
| 8. The flu is not a serious illness | True | False |
| 9. The flu vaccine is available as a shot or a nasal spray | True | False |
| 10. You can spread the flu to others before you have symptoms | True | False |

After you complete the quiz, [click here](#) to score your answers.