

Educational Module Re-engagement Quiz – internal newsletter, etc...  
((Week 1))

### **Test Your Flu IQ**

Earlier this year, all employees completed a **[Antiviral]** Educational Module. With the 2006-2007 flu season now in progress, it is a good idea to refresh our understanding of flu, flu symptoms, and available treatment and prevention measures. Over the next several weeks, you'll have a chance to *test your flu IQ* in **[internal newsletter or other distribution vehicles]**. As a start, try your hand at choosing the correct answer to the following questions:

**(1) Which of the following represent major differences between pandemic flu and seasonal flu?**

- a) **Seasonal flu symptoms are less severe than pandemic flu symptoms**
- b) **Most people have built up immunity to seasonal flu, whereas few if any will have immunity to pandemic flu.**
- c) **Vaccines are available yearly for seasonal flu, while a vaccine for pandemic flu may not be widely available in sufficient quantities and will most likely not be available for several months after the beginning of a pandemic.**
- d) **All of the above.**

((Selecting any answer links to the following text))

[The correct answer is d\) All of the above.](#)

- √ [Seasonal flu symptoms are less severe than pandemic flu symptoms](#)
- √ [Most people have built up immunity to seasonal flu, whereas few if any will have immunity to pandemic flu.](#)
- √ [Vaccines are available yearly for seasonal flu, while a vaccine for pandemic flu may not be widely available in sufficient quantities and will most likely not be available for several months after the beginning of a pandemic.](#)

**(2) Which of the following is not one of the three conditions that indicate a flu pandemic has appeared?**

- a) **A new flu virus emerges.**
- b) **The new virus is one that our bodies have never encountered before; therefore, our immune systems are not able to protect us.**

**c) The virus spreads from person to person quickly and easily, through coughing and sneezing, similar to the way regular or seasonal flu spreads.**

**d) The seasonal flu is affecting large numbers of people.**

((Selecting any answer links to the following text))

[You are correct if you selected d. The seasonal flu is affecting large numbers of people.](#)

Seasonal flu is not a sign that a pandemic is on its way. A flu pandemic occurs when these three conditions are met:

1. A new flu virus emerges.
2. The new virus is one that our bodies have never encountered before; therefore, our immune systems are not able to protect us.
3. The virus spreads from person to person quickly and easily, through coughing and sneezing, similar to the way regular or seasonal flu spreads.

[Click here to link to more information about the flu \[LINK to Flu Facts Web site\]](#)

((Week 2))

### **Things You Should Know About Flu: Test Your Flu IQ**

Seasonal flu has a large impact in the United States each year. This week, *test your flu IQ* by choosing the correct answer to the following questions.

**(1) On average, approximately 30,000–40,000 deaths occur each year in the United States due to seasonal flu.**

**True**

**False**

((Selecting any answer links to the following text))

The correct answer is True. In the US, an estimated 25–50 million cases of seasonal flu are reported each year — leading to 150,000 hospitalizations and 30,000–40,000 deaths yearly.

**(2) How long is a person with flu contagious?**

**a) 24 hours**

**b) 48 hours**

**c) 2 days**

**d) More than 2 days**

((Selecting any answer links to the following text))

The correct answer is d) More than 2 days. It depends on the age and health of the person, but most healthy adults can infect other people from a day or two before their symptoms appear until upward of five to seven days after their symptoms appear. Some young children and people with weakened immune systems may be contagious for more than a week.

**(3) What Web site can help me find out if flu is spreading to my area?**

a) [www.fluUS.com](http://www.fluUS.com)

b) [www.flustar.com](http://www.flustar.com)

c) [www.whereisflu.com](http://www.whereisflu.com)

d) All of the above

The correct answer is b) [www.flustar.com](http://www.flustar.com). At [www.flustar.com](http://www.flustar.com), you can get the latest flu data. FluSTAR™ Flu Alerts tell you when flu is spreading to your area. You can sign up to receive e-mail alerts from the FluSTAR Web site.

Click here to link to more information about the flu [[LINK to Flu Facts Web site](#)]

((Week 3))

### **How Much Do You Know About Flu Vaccines? Test Your Flu IQ**

To reinforce your understanding of flu, flu symptoms, and available treatment and prevention measures, take a moment out of your day to *test your flu IQ*. Choose the correct answer to the following questions about flu vaccines.

**(1) Flu vaccine is considered the single most effective way to prevent flu.**

**True**

**False**

((Selecting any answer links to the following text))

The correct answer is True. In addition to practicing good basic hygiene, you can avoid contracting flu by getting a flu vaccination each year before the start of flu season in the fall. In fact, flu vaccine is considered the single most effective way to prevent flu.

There are two types of vaccine: the flu shot and the nasal-spray flu vaccine. The flu shot is given with a needle and is approved for all people six months and older, including people with chronic medical conditions. The nasal-spray vaccine is approved for use in healthy people aged 5 to 49 who are not pregnant.

The best time to get vaccinated against flu is in October or November, though getting vaccinated in December or even later can still be beneficial.

**(2) Flu vaccination is an important prevention measure; however, it is not recommended for everyone. In which of the following populations is flu vaccination not recommended?**

- a) Children younger than six months old
- b) People with severe allergies to chicken eggs
- c) People who have had a severe reaction to flu vaccine in the past
- d) Anyone who has ever developed Guillain-Barré Syndrome.
- e) People with moderate to severe illnesses accompanied by fever
- f) b, c, and d
- g) All of the above

((Selecting any answer links to the following text))

The correct answer is g) All of the above. Flu vaccinations are **not recommended** for people younger than six months old, those with severe allergies to chicken eggs, anyone who's had a severe reaction to flu vaccine in the past, or anyone who has ever developed Guillain-Barré

Syndrome. People with moderate to severe illnesses accompanied by fever should wait until the fever goes down before they get a vaccination for flu.

Flu vaccination **is recommended** for people who are at high risk for complications if they contract flu. It's also recommended for people aged 50 to 64, since one third of people in this age range have medical conditions that place them at increased risk for complications of flu. Finally, the vaccine is recommended for people who will be in close contact with those at high risk for complications of flu.

Click here to link to more information about the flu [[LINK to Flu Facts Web site](#)]

((Week 4))

### What Else Can I Do To Prevent the Spread of Flu? Test Your Flu IQ

Fortunately, there are several measures available to help prevent the spread of flu. This week, *test your flu IQ* by selecting the correct answer to the following questions.

**(1) People can prevent the spread of flu by practicing good hygiene. Which of the following measures are recommended?**

- a) Wash your hands frequently.
- b) Cover coughs and sneezes.
- a) Try not to touch your eyes, nose, or mouth.
- b) All of the above

((Selecting any answer links to the following text))

The correct response is d) All of the above. To help prevent the spread of flu, be sure to:

- Wash your hands frequently.
- Cover coughs and sneezes.
- Try not to touch your eyes, nose, or mouth and

In addition, be sure to avoid close contact with people who are sick.

**(2) Another method for preventing the transmission of flu is to take an antiviral medication like [Antiviral] no later than \_\_\_\_\_ after being exposed to flu virus.**

- a) 12 hours
- b) 24 hours
- c) 48 hours
- d) 5 days

((Selecting any answer links to the following text))

The correct response is c) 48 hours. If [Antiviral] is being given to prevent the transmission of flu, it is recommended that preventive therapy is initiated no later than 48 hours after being exposed to flu virus. You can also take [Antiviral] while waiting for a vaccine to take effect.

Always consult your doctor before you start using this drug to ensure the diagnosis is definitely flu.

[Click here to link to more information about the flu \[LINK to Flu Facts Web site\]](#)

((Week 5))

### **Can You Distinguish a Cold from the Flu? Test Your Flu IQ Today**

This week, take a few moments to review your understanding of important differences between cold symptoms and flu symptoms. It is important to know if you or a family member may have the flu so that you can contact your doctor to discuss available treatment measures and ways to prevent the spread of flu in your household.

Choose the correct answer to each of the following questions.

**(1) A nonproductive cough, that can become severe, is more characteristic of \_\_\_\_\_.**

- a) Flu
- b) Cold

((Selecting any answer links to the following text))

The correct answer is a) Flu. A hacking cough is more characteristic of a cold.

If you develop the symptoms of seasonal flu, contact your physician to receive proper diagnosis and treatment.

It's important to understand that there are other medical conditions with symptoms similar to flu.

**(2) Extreme exhaustion that is early and prominent most likely indicates you have\_\_\_\_\_.**

- a) Flu
- b) Cold

((Selecting any answer links to the following text))

The correct response is a) Flu. Extreme exhaustion rarely accompanies a cold.

If you develop the symptoms of seasonal flu, contact your physician to receive proper diagnosis and treatment.

It's important to understand that there are other medical conditions with symptoms similar to flu.

**(3) A stuffy nose is more common in cases of \_\_\_\_\_.**

- a) Flu
- b) Cold

((Selecting any answer links to the following text))

The correct response is b) Cold. A stuffy nose *sometimes* occurs with flu but is *commonly* present with a cold.

If you develop the symptoms of seasonal flu, contact your physician to receive proper diagnosis and treatment.

It's important to understand that there are other medical conditions with symptoms similar to flu.

**(4) A high fever (higher than 101°F for 3 to 4 days) is characteristic of \_\_\_\_\_.**

- a) Flu
- b) Cold

((Selecting any answer links to the following text))

The correct response is a) Flu. A fever is rare with a cold.

Refer to the following table of symptoms to help you distinguish the flu from a cold.

	<b>Cold symptoms</b>	<b>Flu symptoms</b>
<b>Cough</b>	Hacking	Nonproductive (can become severe)
<b>Sore throat</b>	Common	Sometimes
<b>Extreme exhaustion</b>	Never	Early and prominent
<b>Sneezing</b>	Usual	Sometimes
<b>Tiredness/weakness</b>	Very mild	Can last 2-3 weeks
<b>Headaches</b>	Rare	Prominent
<b>Aches and Pains</b>	Slight	Often, often severe
<b>Stuffy nose</b>	Common	Sometimes
<b>Chest discomfort</b>	Mild to moderate	Common
<b>Fever</b>	Rare	Characteristic high fever (higher than 101°F for 3 to 4 days)

If you develop the symptoms of seasonal flu, contact your physician to receive proper diagnosis and treatment.

It's important to understand that there are other medical conditions with symptoms similar to flu.

Click here to link to more information about the flu [[LINK to Flu Facts Web site](#)]

((Week 6))

### **Know What to Do If You Think You Have Flu: Test Your Flu IQ**

When the flu hits, it is important to know what to do. *Test your flu IQ* to review your understanding of the appropriate course of action if you think you, or a member of your family, may have the flu. Choose the correct answer to the following questions.

**(1) If you recognize flu symptoms in yourself or a family member and are concerned that you or your family member may have flu, contact your doctor or pediatrician within \_\_\_ hours.**

- a) 48 hours
- b) 3 days
- c) 5 days
- d) 1 week

((Selecting any answer links to the following text))

The correct answer is a) 48 hours. If you recognize flu symptoms in yourself or a family member and are concerned that you or your family member may have flu, contact your doctor or pediatrician within 48 hours. This is how long you have to begin treating your symptoms with **[Antiviral]**.

If you experience coughing, fever, chills, and body aches, call your doctor as soon as the symptoms appear. Always call your doctor if you're feeling seriously ill. And if you're over the age of 50, or have chronic health problems, call your doctor whenever you think you have flu, as other health conditions have similar symptoms.

If you're coughing up thick, discolored, or bloody mucus, or have recurring fever, chest pain, facial swelling, severe pain in the face or forehead, or earache, contact your doctor immediately. You may have other serious infections that require treatment, such as pneumonia, bronchitis, sinusitis, or ear infection.

**(2) If you think you have the flu, you should:**

- a) Go to work
- b) Stay at home
- c) Increase your activity
- d) None of the above

((Selecting any answer links to the following text))

The correct answer is b) Stay at home. This will keep you from spreading the virus, which can be contagious for up to five days after symptoms appear.

In addition you should

- Contact your doctor.
- Rest. *This will help you recover.*
- Drink plenty of fluids. *This will help you avoid dehydration.*

If you develop the symptoms of seasonal flu, contact your physician to receive proper diagnosis and treatment.

It's important to understand that there are other medical conditions with symptoms similar to flu.

Click here to link to more information about the flu [[LINK to Flu Facts Web site](#)]

