

TEST ANSWERS: Flu Safety

1. Which of the following are accurate facts about flu? (Circle all that apply)

a) Flu is not contagious

b) People 65 or older account for 80% of the deaths directly related to flu

c) Flu is ranked among the top 10 leading causes of death in Canada

d) Young children may be infected longer than the typical 5-7 days after getting sick

RATIONALE: Flu is very contagious and is ranked among the top 10 leading causes of death in Canada. Young children and those with weakened immune systems may be infectious longer than the typical 5-7 days after getting sick, and people 65 or older account for 80% of the deaths directly related to flu.

2. Flu is estimated to cost our economy a half billion dollars annually due to lost work time.

a) True

b) False

RATIONALE: It is estimated that 10-20% of the Canadian population is infected by flu each year which is estimated to cost our economy a half billion dollars annually due to lost work time.

3. Flu virus is predominantly spread by touching objects that have been contaminated by infected droplets containing the flu virus. Common contaminated objects include:
(Circle all that apply)

a) Doorknobs

b) Phones

c) Television remotes

d) Someone's hands

RATIONALE: Droplets infected with the flu virus that land on your nose, mouth and eyes are then predominantly spread by touching objects including doorknobs, phones, television remotes and someone's hands.

4. Flu is highly contagious and can be passed on to someone else as early as one day before symptoms appear and up to five - seven days after getting sick.

a) True

b) False

RATIONALE: Flu is estimated to cause 12,200 hospital stays annually in Canada. It is very contagious and can be spread one day before symptoms appear and up to five - seven days after becoming ill.

5. To prevent flu, you should:

- a) Get the flu shot every 5 years
- b) Avoid touching your nose, mouth or eyes
- c) Cough and sneeze into your hands
- d) None of the above

RATIONALE: In addition to getting the flu shot every year, you can prevent flu by washing your hands frequently, avoiding touching your nose, mouth and eyes with your hands, coughing and sneezing into a tissue or the bend of your arm and not your hands, cleaning and disinfecting objects and surfaces that many other people touch, as well as staying home when you are sick to get plenty of rest.