**Influenza Learning Outcomes – ANSWER KEY**

1. You can get the flu by:
   1. Kissing someone who has the flu
   2. Touching your nose, eyes, or mouth with unwashed hands
   3. Being near someone who has the flu who sneezes or coughs on you
   4. All of the above

ANSWER: d

1. A person with the flu is not contagious to others until their temperature is over 100°F. True or false.

ANSWER: False. People are infectious to others one to two days before symptoms develop.

1. The best way to protect others when you cough or sneeze is:
   1. Turn your head away from others and cough/sneeze
   2. Cough or sneeze into your hands if you have no tissue
   3. Cough or sneeze into your sleeve or inside your lapel

ANSWER: c

1. Which is not a treatment for the flu:
   1. Antibiotics
   2. Rest, drink plenty of fluids
   3. Advil or Tylenol for aches and fever
   4. Over-the-counter cold/flu medications to control symptoms

ANSWER: a

1. Which is a true statement about the flu shot?
   1. The flu shot can cause the flu.
   2. Pregnant women should not receive the flu shot.
   3. The flu shot should not be given until December.
   4. The flu vaccine protects you from the flu and may decrease spread of the flu to others.

ANSWER: D

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