



WELLNESS ACTIVITY

Test Yourself: How much do you know about viruses?

Name: _____

Viruses that cause colds, the flu, and COVID-19 are in circulation around the United States. Preventive measures can help protect you from these illnesses. Take our quiz to see how much you know about the common cold, flu, and COVID-19 and how to prevent these illnesses.

True or False?

1. Regular handwashing helps protect you from colds and flu, but not COVID-19.
2. Vaccines are available for colds, flu, and COVID-19.
3. Cold, flu, and COVID-19 viruses can enter your body when you touch your eyes.
4. If soap and water aren't available, you should use an alcohol-based hand sanitizer to clean your hands.
5. A flu shot is needed each year.
6. Healthy people don't need to get vaccinated against COVID-19.
7. You can still get COVID-19 or the flu if you've received a vaccine.
8. The COVID-19 vaccine affects fertility.
9. Getting the COVID-19 vaccine can make you magnetic.
10. Cleaning off doorknobs, microwave handles, and the TV remote control can help a person stay healthy.



Answer Key:

1. **False.** Washing your hands for 20 seconds helps protect you against COVID-19, in addition to colds and the flu.
2. **False.** Vaccines are available for flu and COVID-19, but not the common cold.
3. **True.** Viruses that cause these illnesses can enter your body when you touch your eyes, nose, and mouth.
4. **True.** Regular handwashing is the ideal way to remove germs from your hands, but when that's not possible use an alcohol-based hand sanitizer that's at least 60 percent alcohol.
5. **True.** A flu shot is needed each year to protect against new strains of the flu.
6. **False.** Anyone who gets COVID-19 is at risk for health problems, so even healthy people should get vaccinated against COVID-19. If you have questions about the vaccine, ask your health care provider for more information.
7. **True.** Breakthrough cases in people vaccinated against COVID-19 are rare, but do happen. However, people vaccinated against COVID-19 are almost 100 percent less likely to be hospitalized or die if they get the illness. In addition, a person who has had a flu shot may get the flu, but the severity of the illness will probably be reduced.
8. **False.** There is not any evidence that vaccines, including the COVID-19 vaccine, affect fertility in men or women.
9. **False.** The COVID-19 vaccine does not contain metals or any ingredients that create an electromagnetic field.
10. **True.** Cleaning frequently touched surfaces helps get rid of germs that could cause colds, flu, or COVID-19.

Based on information from the Centers for Disease Control and Prevention. ♦