FLU SEASON



After reading the provided text, answer the following sentences

1. What is the flu?

a) A bacterial infection affecting the lungs.

b) A contagious virus that affects the respiratory system.

c) A non-contagious illness that primarily affects the digestive system.

d) A disease that only affects the nose and throat.



2. What are the common symptoms of the flu?

a) Skin rash and joint pain.

b) High fever and cough.

c) Back pain and vision problems.

d) Toothache and earache.



3. What is the recommended action for most people who have the flu?

a) Go to the emergency room immediately.

b) Take anti-viral drugs.

c) Stay home, rest, and drink fluids.

d) Continue with regular daily activities.



4. Who are the at-risk groups that may experience serious complications from the flu?

a) Healthy adults

b) Elderly, young children, and people with medical conditions

c) People with a mild cough

d) Those who don't get a flu shot

5. What are the important signs in children that may indicate they need emergency treatment for the flu?

a) Running nose and sneezing

b) Having a bluish skin colour, having a fever with a rash, having difficulty breathing, not drinking enough fluids, not waking up, and not interacting with people

c) Sore throat and fatigue

d) Mild cough and mild headache



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6. What are the important signs in infants that may indicate they need emergency treatment for the flu?



a) Running nose and coughing

b) Not eating, trouble breathing, and no tears when crying

c) Mild fever and sleeping more than usual

d) Irritability and mild diarrhoea

7. What is one way to prevent the flu mentioned in the text?



a) Wearing a mask all the time

b) Avoiding public places

c) Washing your hands regularly with soap and thorough scrubbing

d) Taking vitamin C supplements

8. What is mentioned as an effective method for preventing the flu in the text?



a) Avoiding washing hands

b) Staying indoors all the time

c) Getting a flu vaccination, which is affordable and effective

d) Wearing multiple layers of clothing

9. What is advised to do if you have the flu to prevent spreading it to others?

a) Go out into crowded places

b) Avoid covering your mouth and nose when coughing or sneezing

c) Stay home, avoid contact with people, and cover your mouth and nose when coughing or sneezing

d) Share your utensils and drinks with others



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