

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



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

