

Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Answer True or False to the questions below.

1. Hand washing is the number one way to reduce spreading germs.
T F
2. Adults over 65 are particularly vulnerable to the flu and its complications.
T F
3. Because the immune system may decline with age, traditional flu vaccines sometimes don't work as well in elderly people, so a higher dose version is available.
T F
4. The most serious complication of flu is fatigue.
T F
5. While you are sick, it is important to limit contact with others as much as possible to keep from infecting them.
T F
6. The pharmacist should be asked any specific foods be avoided, such as grapefruit, with a new medication.
T F
7. To avoid medication errors, take medication in adequate light with eyeglasses on.
T F
8. A medical alert bracelet or card that lists the medications the person is currently taking can save their life in an emergency.
T F
9. Both you, and the person in your care, should be vaccinated, ideally in late summer or fall, before the flu season starts.
T F
10. Prescription antivirals such as Tamiflu and Flumadine prevent or cure the flu.
T F

Name _____

Signature _____ Date _____