



Personal Health Series Colds and Flu

Name:

Date:

Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

- 1. Name two ways people can spread cold and flu germs:
- 2. True or false: Kids should cough or sneeze into their backpacks.
- 3. True or false: Kids need to get a flu vaccine once a year so they don't get sick.
- 4. When you have a cold you may:
 - a. feel tired
 - b. have a stuffy or runny nose
 - c. have a headache
 - d. all of the above
- 5. True or false: You only need to wash your hands after you use the bathroom.