

# Influenza

**1** What vaccine must be updated most years in response to changes in the virus it protects against?

- A. Hepatitis A vaccine
- B. Influenza vaccine
- C. Hepatitis B vaccine
- D. HPV vaccine

**2** What U.S. president met with vaccine maker Maurice Hilleman to discuss a vaccine for swine influenza?

- A. Gerald R. Ford
- B. Ronald Reagan
- C. Richard M. Nixon
- D. James "Jimmy" Carter

**3** The son of which U.S. president died in infancy due to influenza?

- A. Abraham Lincoln
- B. Franklin Delano Roosevelt (FDR)
- C. George W. Bush
- D. Bill Clinton

**4** What is a pandemic?

- A. A state of confusion
- B. A worldwide epidemic
- C. A disease
- D. A state of concentration and clarity

**5** What annual sporting event was cancelled as a result of the 1919 influenza pandemic?

- A. The World Series
- B. The Stanley Cup Finals
- C. The NBA Finals
- D. Wimbledon

**6** How many different types of influenza virus are there?

- A. One
- B. Two
- C. Three
- D. Four

**7** Influenza can be spread by?

- A. Coughing and sneezing
- B. Touching eyes, nose or mouth with hands that are not clean
- C. Touching objects that have the virus on them and not washing hands
- D. All of these

**8** Which people should not get the influenza vaccine?

- A. Babies younger than 6 months of age
- B. People with egg allergies
- C. Both of these
- D. Neither of these

**9** Who is particularly susceptible to influenza?

- A. Elderly
- B. Pregnant women
- C. Both of these
- D. Neither of these

**10** Which of the following can reduce spread of influenza?

- A. Handwashing
- B. Vaccination
- C. Staying home when ill
- D. All of the these

# Influenza ANSWERS

1

The correct answer is **B**

The influenza vaccine is updated almost every year so that it protects against the strains of influenza virus predicted to circulate during that year.

2

The correct answer is **A**

During his presidency, Gerald Ford met with Maurice Hilleman and other vaccine makers to discuss a vaccine for swine influenza. This meeting was held because a swine influenza outbreak was occurring at Fort Dix, a military base in New Jersey.

3

The correct answer is **B**

Franklin Delano Roosevelt (FDR) and his wife Eleanor had their first child in 1906. Over the next 10 years, the Roosevelts had five more children, all of whom were boys. Unfortunately, one child became sick with influenza as an infant, and died as a result.

4

The correct answer is **B**

Epidemics occur when the number of cases of a particular disease in an area exceeds what is expected. When the epidemic spreads to other countries or continents, it is called a pandemic. In 2009, the novel H1N1 strain of influenza virus emerged and caused an influenza pandemic.

5

The correct answer is **B**

The final game in the 1919 Stanley Cup Finals was cancelled after the coach and multiple players of the Montreal Canadiens were hospitalized with influenza. After both the Canadiens and Seattle Metropolitans won two games and tied the fifth game, the sixth game was supposed to determine the winner of the cup. Because the coach of the Canadiens couldn't put a full team on the ice for the last game, he forfeited; however, the coach of the Metropolitans refused to accept the forfeit. As a result, no winner was declared for the 1919 Stanley Cup Finals.

6

The correct answer is **C**

There are three different types of influenza virus: A, B, and C. Influenza A and B most commonly infect people.

7

The correct answer is **D**

Influenza virus can be spread by respiratory droplets from a sneeze or cough, touching one's face with unwashed hands, or by touching surfaces contaminated with virus and not subsequently washing hands.

8

The correct answer is **A**

Newborns and infants must wait until 6 months of age before receiving an influenza vaccine. In the past, people who were allergic to eggs were not recommended to get the influenza vaccine. However, now the quantity of contaminating egg proteins in vaccines is so low that even those with severe egg allergies can get vaccinated.

9

The correct answer is **C**

Pregnant women infected with influenza virus are more likely to suffer severe illness and complications that would require hospitalization than non-pregnant women of the same age. Likewise, influenza disproportionately affects those 65 years of age or older because the immune system weakens with advancing age.

10

The correct answer is **D**

Staying home while ill helps prevent spreading the virus to others. While handwashing and staying home when ill can help reduce the spread of influenza, vaccination is the best way to protect one's self from being infected.

