

How much do you know about the flu?

Prepare yourself for flu season with this quiz.



- 1. True or false: You can get the flu from the flu vaccine.**
 - A. True
 - B. False
- 2. The following are all possible side effects of the flu vaccine, except:**
 - A. Soreness or redness at the injection site
 - B. Headache
 - C. Fever
 - D. Excessive thirst
- 3. How far can flu germs spread from an infected person?**
 - A. Up to 6 feet away
 - B. Up to 6 inches away
 - C. They don't spread.
- 4. How long can germs survive on hard surfaces?**
 - A. Up to an hour
 - B. Up to four hours
 - C. Up to 12 hours
 - D. Up to 24 hours or more
- 5. When does someone infected with the flu become contagious?**
 - A. Up to 24 hours before symptoms appear
 - B. As soon as symptoms appear
 - C. Two days after symptoms appear
- 6. How long are adults contagious?**
 - A. Until two days after becoming sick
 - B. Until three days after becoming sick
 - C. Until up to seven days after becoming sick



NJWELL
Working for a
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NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Answers: 1. B; 2. D; 3. A; 4. D; 5. A; 6. C

Talk to your doctor about whether the flu vaccine is recommended for you. Horizon Blue Cross Blue Shield of New Jersey wants you to get the care you need when you need it.

Sources: Centers for Disease Control and Prevention, WebMD®

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