

Quiz Page — The Common Cold

1. The common cold

- a. is spread primarily through food
- b. is usually not spread because of the complex immunity involved
- c. is spread primarily from person to person directly
- d. is spread primarily through some intermediate source, such as ticks

2. Which of the following experience the most colds?

- a. newborn babies
- b. young children from ages 1 to 5 years
- c. elderly individuals over age 60
- d. there are no specific differences with regard to age and the common cold

3. Which of the following is the cause of the common cold?

- a. poor nutritional state
- b. fatigue
- c. elderly
- d. a & b

4. Which of the following is the cause of the common cold?

- a. virus
- b. fungus
- c. gram negative bacteria
- d. gram positive bacteria

5. Which of the following is a major symptom of the common cold?

- a. rhinorrhea
- b. cough
- c. nasal congestion
- d. all of the above

6. What is the typical incubation period for the common cold?

- a. 7 days
- b. from 24 to 96 hours
- c. less than 12 hours
- d. varies with the typical bacteria that cause the common cold

7. Which of the following are complications of the common cold?

- a. otitis media
- b. angina pectoris
- c. renal insufficiency
- d. ulcerative colitis

8. The common cold

- a. must be treated with specific antibiotics
- b. is treated symptomatically because there is no specific treatment.
- c. is treated with antiviral drugs
- d. should never be treated and allowed to “run its course.”

9. Antihistamines

- a. are the drugs of choice for the common cold.
- b. should never be used in the treatment program for the common cold.
- c. may provide some relief because of the drying effect.
- d. never cause sedation

10. Topical decongestants

- a. are usually sympathomimetic amines.
- b. do not produce rebound phenomenon.
- c. cause diarrhea in more than 75% of the patients
- d. are usually parasympathomimetic aldehydes

11. Oral decongestants

- a. are safe in all patients regardless of pre-existing illnesses
- b. should be used with caution in patients with hypertension
- c. are most effective when used concurrently with monoamine oxidase inhibitors
- d. are usually shorter acting than topical decongestants

12. Which of the following are used as oral decongestants?

- a. pseudoephedrine
- b. guanethidine
- c. norepinephrine
- d. ammonium chloride

13. Which of the following is used as an expectorant?

- a. six to eight glasses of fluids daily
- b. cool mist or hot steam vaporizer
- c. codeine
- d. a & b

14. Analgesics

- a. should be used for at least a week in the common cold to reduce the associated fever.
- b. are used to reduce the aches and pains associated with the common cold
- c. should never be used in treating the common cold.
- d. used include aspirin, acetaminophen, and morphine

15. Which of the following are considered safe and effective antitussives?

- a. dextromethorphan
- b. morphine
- c. ammonium chloride
- d. fexofenadine

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