

Lesson Three Quiz 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 parasymphathomimetic 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. pseudophedrine
 - 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
16. **Did this CE lesson achieve its stated objectives?**
 - a. yes
 - b. no
17. **How much of this program can you apply in your practice?**
 - a. all
 - b. some
 - c. very little
 - d. none
18. **Approximately how long did it take you to read the article, study it and answer all questions?**
 - a. 1 to 1 1/2 hours
 - b. longer
 - c. less
19. **Type of practice**
 - a. retail
 - b. hospital, institutional
 - c. manufacturing, distribution, other
20. **Please indicate the date you completed this exam (required).**

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