



CHECK YOUR LEARNING

Suggested Answers

- (a)** The best way to avoid catching a cold or influenza is to wash hands.

(b) The best way to avoid spreading a cold or influenza is to minimize contact with others while you are sick.
- Infectious respiratory diseases are caused by bacteria and viruses.
- The cause of influenza is a virus. The cause of tuberculosis is bacteria.
- One or two shots of a vaccine that prevents us from getting specific diseases as children last for many years. The influenza vaccination only lasts for one year because the virus changes every year. So every year a new vaccine is developed for us to take in order for us to deal with the new strain of influenza.