Assignment 4

1. In the context of the common cold, explain the role of practice in improving the symptoms.

2. What is the impact of hydration on the flu virus's ability to spread in the body?

3. How does the flu virus differ from the cold virus in terms of symptoms?

4. The flu virus can cause complications in some individuals. Which groups are at higher risk of these complications?

5. Is there evidence to suggest that the flu virus can cause more severe symptoms than the cold virus in certain circumstances?

6. What are some preventive measures individuals can take to reduce the risk of contracting the flu virus?

7. How does vaccination against the flu virus work, and why is it important to get vaccinated every year?

8. The flu virus can be transmitted through various means. Which is the most effective way to prevent transmission?

9. Is there a difference in the transmission rates of the flu virus between adults and children?

10. How do the symptoms of the flu virus differ from those of a common cold?

11. What is the typical duration of flu symptoms, and how can they be managed effectively?

12. In the context of the flu virus, explain the significance of early treatment.

13. Which groups of people are at increased risk of severe flu complications and why?

14. How does the flu virus affect the immune system, and what are the potential long-term consequences?

15. Discuss the role of environmental factors in the spread of the flu virus.

16. What is the typical incubation period of the flu virus, and how does this affect prevention strategies?