


Champs lesson final Quiz - Answer Key

Quiz Question	Answer
<p>Question 1 of 10</p>  <p>Which of the following is NOT true about vaccines?</p> <ul style="list-style-type: none"> <input type="radio"/> Vaccines give you the same disease they are meant to protect against <input type="radio"/> Vaccines give your immune system a workout <input type="radio"/> Vaccines teach the body how to fight diseases in the future <input type="radio"/> Vaccines help the body protect itself by telling it what the disease looks like 	<p>Answer: Vaccines give you the same disease they are meant to protect against.</p> <p>Explanation: Vaccines do NOT give you the same disease they are meant to protect against. Instead, they help the body protect itself by telling it what the disease looks like so it can prepare ahead of time. Then, if the body gets the disease in the future, it knows how to fight it off before it makes you sick.</p> <p>Vaccines save lives.</p>

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Question 2 of 10



Vaccines protect:

- ☐ You
- ☐ Your family
- ☐ Your friends
- ☐ People who can't get vaccinated
- ☐ All of the above

Answer: All of the above.

Explanation: Vaccines help protect you, your family and others too! When most people are vaccinated it's harder for diseases to spread. (This is called community immunity).

Question 3 of 10



You can ask the nurse questions on vaccination day.

- ☐ Yes
- ☐ No

Answer: Yes.

Explanation: You can ask the nurse any questions you have. Asking questions is a very important part of vaccination day. Whether it's about the signed form, what the vaccine is, or tips to help you relax, the nurse is there to help you.

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Question 4 of 10



Vaccines save more than 2 million lives worldwide every year.

- ☐ True
☐ False

Answer: True.

Explanation: The World Health Organization estimates that vaccines save 2-3 million lives worldwide every year.

Question 5 of 10



All vaccines must be shown to be safe and effective before they are approved for use in Canada.

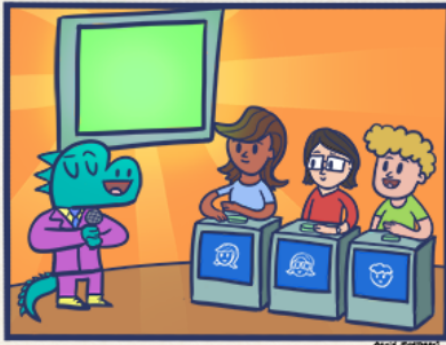
- ☐ True
☐ False

Answer: True.

Explanation: All vaccines are thoroughly studied and must be shown to be safe and effective before they are approved for use in Canada.

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Question 6 of 10



CARD stands for:

- ☐ Calm, Ask, Rest, Distract
- ☐ Comfort, Acknowledge, Relax, Defect
- ☐ Comfort, Ask, Relax, Distract
- ☐ Calm, Acknowledge, Rest, Deflect

Answer: **Comfort, Ask, Relax, Distract**

Explanation: Remember that *the CARD system (Comfort, Ask, Relax, Distract) is a way to help to make shots more comfortable and make vaccination day easier.*

Comfort: find ways to be comfortable

Ask: Ask questions to be prepared

Relax: Keep yourself calm

Distract: Shift your attention to something else.

Question 7 of 10



How can you keep your mind off getting a needle?

- ☐ Play video games
- ☐ Read
- ☐ Watch a video on your phone
- ☐ All of the above

Answer: **All of the above.**

Explanation: Keeping your mind busy can help make getting a needle easier. For example, you can talk to someone, play video games, listen to music, read a book, or watch a video on your phone.

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Question 8 of 10



Which of the following are strategies that can help you relax?

- ☐ Belly breathing
- ☐ Self-talk
- ☐ Having a friend, family member, or trusted adult with you
- ☐ All of the above

Answer: All of the above.

Explanation: These are all examples of strategies that can help you relax.

Question 9 of 10



Making your arm loose or jiggly (like cooked spaghetti) can help you get comfortable.

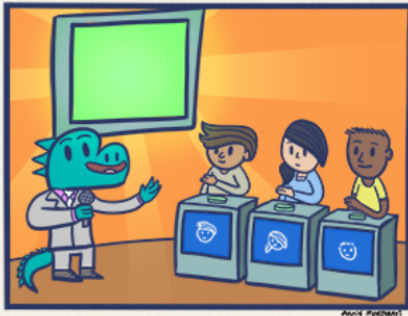
- ☐ Yes
- ☐ No

Answer: Yes

Explanation: Making your arm loose or jiggly (like cooked spaghetti) can help you get comfortable.

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Question 10 of 10



If you're nervous about getting vaccinated, knowing what to expect can help you feel less worried.

- ☐ True
- ☐ False

Answer: True

Explanation: Ask questions. Knowing what to expect can help you feel less worried.