

Mott Poll Questions



Prevention of Colds

The following questions were answered by parents of children age 5-12 years.

Q1. During the cold season do you encourage your child to do any of the following to prevent getting the common cold?

	Yes	No
1. Wash hands frequently		
2. Not put their hands in their mouth/nose		
3. Avoid sharing food or drink with others		
4. Avoid people who seem to have colds		
5. Not go outside with wet hair		
6. Use hand sanitizer frequently		

Q2. During the cold season, do you do any of the following to prevent your child from getting the common cold?

	Yes	No
1. Wash toys more frequently		
2. Wash surfaces in your home more frequently		
3. Spend more time indoors		
4. Spend more time outdoors		

Q3. During the cold season, do you limit the interactions of your child to prevent them from getting the common cold?

	Yes	No
1. Have child skip playdates/activities if other children have colds		
2. Avoid playgrounds		
3. Ask relatives who have colds not to kiss or hug your child		

Q4. In the last year, has your child tried any of the following products to prevent getting the common cold?

	Yes	No	Unsure
1. Vitamin C			
2. Zinc			
3. Echinacea			
4. Products advertised to boost the immune system (such as Airborne, probiotics)			

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CHILD HEALTH EVALUATION
AND RESEARCH CENTER

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