

Survey questions

Poll 15 - Preventing colds: Knowing what works

The next questions are about preventing the common cold for children. The common cold (also known simply as 'a cold') is a viral infection of the upper respiratory tract (the nose and throat). Symptoms of a cold can include sore throat, runny nose, cough, reduced appetite and fever.

Question 1

Please rate your level of agreement with the following statements about the common cold?

Response options: Strongly agree/ Agree/ Disagree /Strongly disagree / Not sure

- There are effective things that parents and children can do to reduce their chances of catching a cold.
- Taking antibiotics can stop a cold from turning into the flu
- Most children who get more than a couple of colds a year have a weak immune system
- There is nothing you can do to reduce the chances of catching a cold
- Colds are caused by being exposed to cold air
- Some cold viruses can live on surfaces for up to a day
- To reduce the chance of getting a cold, hands need to be washed using antibacterial soap

Question 2

Do you encourage your child to do any of the following to reduce their chances of getting a cold?

Response options: Yes / No

- Wash hands frequently
- Not put their hands in their mouth or nose
- Avoid sharing food or drink with others
- Avoid people who seem to have colds
- Not go outside with wet hair
- Stay warm
- Stay indoors
- Use hand sanitizer frequently
- Avoid going out at night
- Avoid going to bed with wet hair
- Avoid going out with bare feet (without shoes)

Question 3

Do you do any of the following to reduce your child's chances of getting a cold?

Response options: Yes / No

- Have child skip playdates/activities with other children who have colds
- Avoid playgrounds
- Keep child home from school, preschool or child care if other kids in the class are sick
- Ask relatives and friends who have colds not to kiss or hug your child
- Make sure your child eats a healthy diet
- Make sure your child gets enough sleep

Question 4

In the last year, have you given any of the following products to your child/children to reduce their chances of getting a cold?

Response options: Yes / No / Not sure

- Antibiotics
- Vitamin C
- Zinc
- Echinacea
- Probiotics
- Garlic
- Vitamin D
- Homeopathic products
- Multivitamins
- Other, please say

Question 5

What is the most effective thing your child can do to reduce their chances of getting a cold? Please select **one only** from the following list

- Wash hands frequently
- Not put their hands in their mouth/nose
- Avoid sharing food or drink with others
- Avoid people who seem to have colds
- Not go outside with wet hair

- Stay warm
- Stay indoors
- Use hand sanitizer frequently
- Avoid going out at night
- Take multivitamins
- Avoid going to bed with wet hair

Question 6

On average, how many colds per year does a child aged less than six years get?

Response options

- Less than 2
- 2 to 3
- 4 to 5
- 6 to 7
- 8 to 9
- 10 or more
- I don't know

Question 7

Thinking about the last year, has your child ever gone to school, kindergarten or child care with a cold? Please answer separately for each child.

Response options

Yes /No/ Not sure