Teacher Answer Key

Case Study

1. Allison chose to attend school while symptomatic, exposing her peers to her flu-like illness through close contact.

2. If you are contagious, isolating yourself reduces the risk of spreading the illness, protecting both yourself and the community.

Multiple Choice

1. A

2. A

3. D

Matching

1-E, 2-A, 3-D, 4-C, 5-B

Fill-in-the-Blank

1) sleep, 2) Handwashing, 3) home

Short Answer (Sample Responses)

Q1: They might fear missing exams or important events, but it risks spreading germs to others, leading to bigger outbreaks.

Q2: Chronic stress elevates hormones like cortisol, weakening immune defenses over time.

Q3: Nutrient-rich foods provide vitamins and minerals that bolster immune cell production and function.