

Trivia for Your Health Bingo

Background

Trivia for your Health Bingo is a fun and engaging way to inform older adults about vaccination and healthy living. According to the [Centers for Disease Control and Prevention](#), every year approximately 70-85% influenza-related deaths and 50-70% of influenza-related hospitalizations occur among adults aged 65 years and older. Other infections such as COVID-19 also pose a higher risk of death and hospitalization for this population. Luckily, there are vaccines to protect older adults from serious illness caused by these infections. Besides vaccination, infection control and healthy well-being practices are also effective strategies to help older adults achieve quality of life.

Goal

The goal of this activity is to increase older adult vaccination and healthy life choices by engaging in this bingo activity. The activity is meant to enhance the residents' knowledge of vaccination and other well-being practices in a fun and interactive setting.

Materials




- 30 bingo cards
- 40 bingo trivia questions and answers
- 40 icon example sheets (includes questions/answers for easy game facilitation)
- Bingo tokens/markers (not included)

Instructions

- Read the question, wait for a response from participants, give the correct answer/show the icon example and then read the additional fact or associated question as applicable. Not every question has a fact or question.
- The trivia questions are divided into four categories.
 - Questions 1-15: infection control and immunization
 - Questions 16-23: wellness tips
 - Questions 24-34: health science
 - Questions 35-40: fun facts
- Questions can be randomly or purposefully chosen based on the participants' educational needs and time allotted.
- The symbol or word used to identify the answer on the bingo square is also located in the answer key.
- For some questions additional information is available by visiting the links provided in the trivia question and answer document.

Trivia for Your Health Bingo

Questions and Answers

1. These protect me from serious illnesses such as influenza, pneumonia and COVID-19.	
Answer: Vaccines	
<p>Getting vaccinated is safer than getting sick. Vaccines help the body learn how to defend itself from disease without the dangers of a full-blown infection. Vaccines work by imitating an infection. The body recognizes the antigen, the active part of the vaccine, as an intruder and produces antibodies that neutralize or destroy the intruder. Explaining How Vaccines Work, Centers for Disease Control and Prevention (CDC)</p>	
2. What time of the year can you get a pneumococcal vaccine?	
Answer: Year-round	
<p>Ask the participants: Do you know of other types of infections besides pneumonia, an infection of the lungs, that can develop by the bacteria the pneumococcal vaccine protects against?</p> <p>This vaccine protects against many types of infections. Bacteremia (blood infection), Sinusitis (sinus infection), Meningitis (brain and spinal cord infection), and Otitis media (ear infection). Vaccines for Pneumococcal, CDC</p>	
3. Also called herpes zoster, this illness causes a painful rash and is caused by the same virus that causes chickenpox.	
Answer: Shingles	
<p>About one in every three people in the U.S. will have shingles in their lifetime. If you had chicken pox, you are at risk for shingles. Some people develop nerve pain that lasts for months or years and shingles can also lead to serious complications involving the eye, including vision loss.</p> <p>Luckily, we have a vaccine called Shingrix that is more than 90% effective at preventing shingles. Shingles Vaccination: What Everyone Should Know CDC</p>	

4. This group of individuals counts for nearly 70-85% of flu related deaths in the U.S.

Answer: Older Adults



People 65 years and older are at higher risk of developing serious flu complications due in part to changes in immune defenses with increasing age. The flu vaccine is the best protection against the flu. [Flu and People 65 Years and Old](#), CDC

5. Influenza or flu activity most often peaks during what month?

Answer: February



Flu rates often increase in October and peak between December and February. February has seen the most influenza activity (17 seasons) over a 40-year lookback period. [Flu Season](#), CDC

6. It is recommended people get the flu vaccine by the end of what month?

Answer: October



September and October are good months to be vaccinated against flu, but ideally everyone should be vaccinated by the end of October. [Key Facts About Seasonal Flu Vaccine](#), CDC

7. It is especially important for people in what role or profession to get the flu and COVID-19 vaccinations?

Answer: Health Care Workers



8. The flu and COVID-19 viruses travel this way from person to person, also known as traveling through the air.

Answer: Airborne



The flu and COVID-19 viruses spread mainly by droplets made when people with these infections cough, sneeze or talk. [How Flu Spreads | CDC How Coronavirus Spreads](#), CDC

9. This form of medicine does not cure the flu or COVID -19 because both are viruses.

Answer: Antibiotics



Antibiotics are medicines that fight infections caused by bacteria and are used to treat infections such as strep throat and urinary tract infections. They do not work on viruses and are ineffective in the treatment of colds, flu and COVID-19. [Antibiotic Do's & Don'ts | Antibiotic Use](#), CDC

10. What is one simple thing you can do to help prevent infectious diseases such as influenza and COVID-19 and should be done for at least 20 seconds?

Answer: Hand Washing



Hand washing is an easy way to prevent the spread of germs. Clean hands stop germs from spreading from one person to another. Remember to wash your hands frequently throughout the day to stay healthy. [Keeping Hands Clean](#), CDC

11. What can propel air and particles out of your lungs and throat at speeds near to 50 miles per hour?

Answer: Coughing



Demonstrate covering your cough and sneeze technique. Covering coughs and sneezes can help prevent the spread of respiratory illnesses like flu and COVID-19.

12. If you are unsure about whether or not you should receive a vaccine whom should you talk to?

Answer: Doctor or Health Care Provider



If you are unsure about your vaccination status reach out to your health care provider. Vaccinations such as an annual flu shot, the pneumococcal vaccine, the updated COVID-19 vaccine and others will help keep you healthy.

13. This virus, also called SARS-CoV-2, is very contagious and spreads when an infected person breathes in droplets that contain the virus.

Answer: COVID-19



Everyone eligible to receive the COVID-19 vaccine should be vaccinated. Risk increases with age. Older adults are more likely to be hospitalized or die from COVID-19. [COVID-19 Risks and Information for Older Adults](#), CDC

14. The COVID –19 virus often affects what part of the body?

Answer: Lungs



The COVID-19 virus can be life threatening. Seek emergency medical attention with trouble breathing, pain or pressure in your chest, confusion, inability to stay awake and pale or blue skin, lips or nail beds. These symptoms are signs of a respiratory emergency. [Symptoms of COVID-19](#), CDC

15. What is more sensitive, your sense of smell or your sense of taste?

Answer: Sense of smell



A symptom of COVID –19 is loss of taste and smell. It takes some people a long time to regain these abilities. Vaccination against COVID –19 lessens this chance.

16. Complete the quote: _____ is the best medicine.

Answer: Laughter



Laughter strengthens your immune system, boosts mood, diminishes pain and protects you from damaging effects of stress.

17. What activity produced from your vocal cords has many health benefits?

Answer: Singing



Ask participants: What is your favorite song? If near a holiday, ask what their favorite holiday song is. Singing helps us relax, improve breathing, memory and helps with pain relief and many other health benefits.

18. This fruit is a good source of Vitamin C.

Answer: Orange



Ask the participants: What are other good sources of Vitamin C?

Examples include strawberries, tomatoes, all citrus fruits, bell peppers and white potatoes.

19. Quitting this unhealthy habit can help to prevent pneumonia.

Answer: Smoking



20. This type of exercise reduces the risk of multiple health problems (Clue, put one foot in front of the other.)

Answer: Walking



Ask the participants: How many steps are in one mile?
About 2,200 steps equals one mile. Offer distances from areas in your community to incentivize walking. Tell them how many steps it is to and from the dining room, or between hallways, from the post office to the park, etc.

21. What not only staves off feelings of loneliness, but also helps sharpen memory and helps lower your risk for disease?

Answer: Activity



Did you know that your decision today to come out and play BINGO has an impact on your health? Forming relationships and engaging in activities improves your emotional and physical health. [Participating in Activities You Enjoy As You Age](#), National Institute on Aging

22. What fictional character takes your baby teeth from under your pillow while you are sleeping and replaces it with a gift?

Answer: Tooth Fairy



Ask the participants: What kind of gifts did you get from the tooth fairy?
Good oral hygiene can help prevent the development of lung infections. [Oral Health](#), CDC

23. The human body is made up of 60% of this liquid.

Answer: Water



Ask the participants: How many cups of water are recommended daily?
There's no one size fits all, but in general four to six cups of plain water supplemented with other fluid sources such as coffee, tea, juice, fruits and veggies make up the total amount of approximately 12 to 16 cups of water per day. Water helps keep a normal body temperature, lubricates and cushions joints, protects the spinal cord and other tissues and gets rid of waste through urination and bowel movements. [How much water should I drink a day?](#), Harvard Health

24. What part of the body helps us talk, taste, digest and eat?

Answer: Tongue



Ask the participants: How many of you can roll your tongue into a tube?
Demonstrate the process if you are able to. Most people can but about three out of every 10 people will not be able to roll their tongue.

25. You have 206 of these in your body

Answer: Bones



Ask the participants: Did you hear about the two skeletons who got lost in the desert?
They were dry as a bone!

26. What does your eye do 20 times a minute?

Answer: Blink



27. What sort of patients does a pediatrician work with?

Answer: Children



Ask the participants: Who has the most children (or grandchildren)?
Start the count at one and continue to count upwards until one person is left.

28. The average human being is a height of...?

Answer: 5 foot 4 inches

5'4"

Ask the participants: With a show of hands how many of you are 5 feet 4 inches?

29. In what part of your body can you get gingivitis?

Answer: Your Gums



Ask the participants: Fun fact, what was the name of the first successful bubble gum? Dubble Bubble.

30. This organ pumps blood through blood vessels to every part of the body.

Answer: Heart



31. How much blood does the average human being have?

Answer: One gallon (1.3 gallons)
or about five liters.



32. Human beings share 96% of their DNA with this animal?

Answer: Chimpanzee



Ask the participants: Why don't monkeys play cards in the jungle?
There are too many CHEE-TAHS!

33. What shape are blood cells? (Clue: this shape can also be a tasty baked good often eaten for breakfast)

Answer: Doughnuts



Ask the participants: What is the main function of blood cells? To transport oxygen from and to your tissues and organs.

34. What was the name of the first cloned sheep? (Clue, the sheep shares the name with a famous country singer. Her last name is Parton.)

Answer: Dolly



35. What is the National dessert of America? "There's nothing more American than _____!"

Answer: Apple Pie



36. Why did the cookie go to the hospital?

Answer: It was feeling crummy.



37. What TV drama about a family physician and his assistant aired from 1969-1976 and featured actor Robert Young?

Answer: Marcus Welby, MD.



38. What TV comedy featured actor Alan Alda as Benjamin Franklin “Hawkeye” Pierce, one of the members of the 4077th Mobile Army Surgical Hospital that cared for the injured during the Korean War.

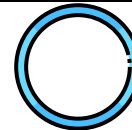
Answer: M.A.S.H.

M*A*S*H

Ask the participants: Can anyone name another character from the show?
Examples include: Hot Lips Houlihan, Frank Burns, Radar, Trapper John, Maxwell, BJ.

39. What circular plastic toy of the 1950s was placed around the waist and operated by moving the hips?

Answer: Hula Hoop



Ask the participants: By a show of hands how many of you owned a hula hoop? How many of you thought you were good at it?

40. Who lived at Graceland in Memphis, Tennessee?

Answer: Elvis Presley

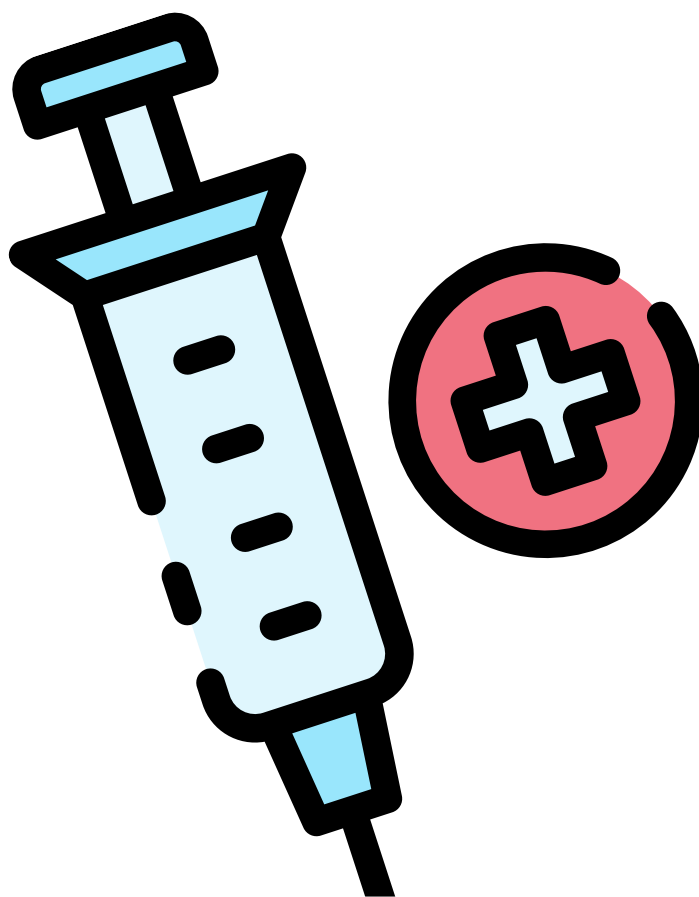


Ask the participants: What is your favorite Elvis Presley song? Examples: Love Me Tender, Jailhouse Rock, In the Ghetto, All Shook Up, Don't be Cruel

BINGO

TRIVIA FOR YOUR HEALTH

These protect me from serious illnesses such as influenza, pneumonia and COVID-19.



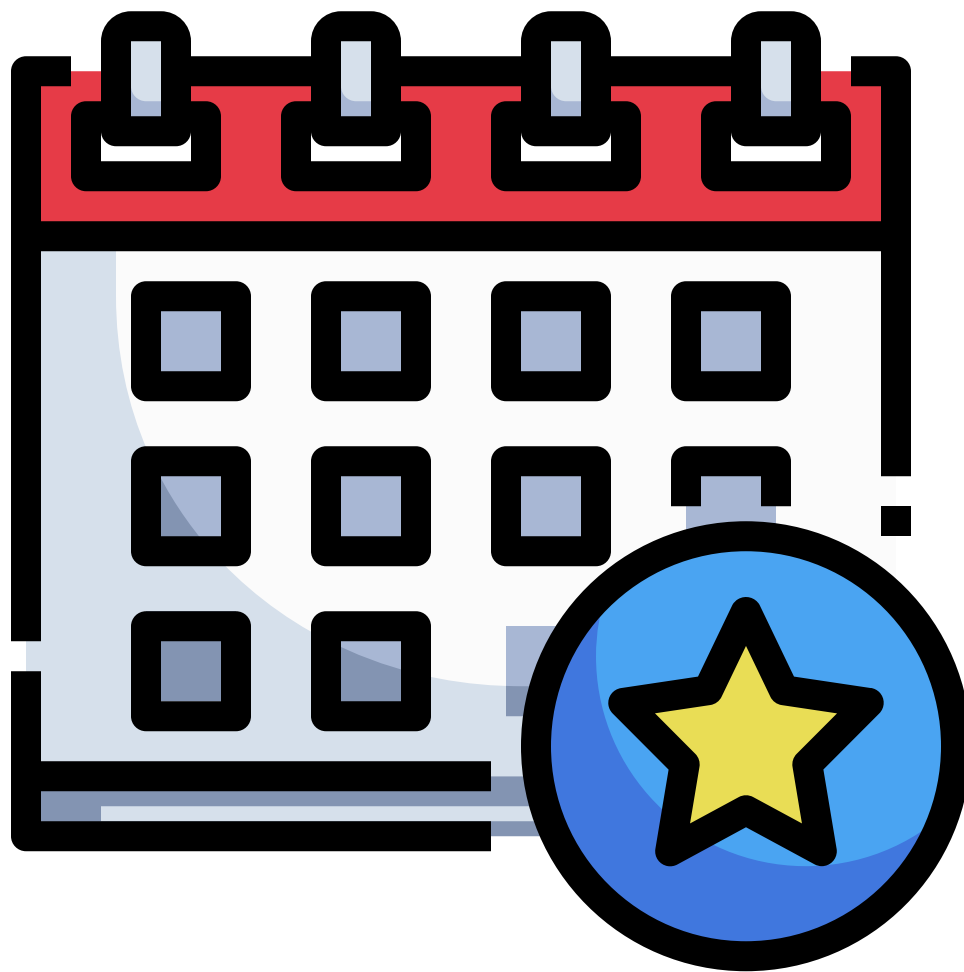
Vaccines

Getting vaccinated is safer than getting sick. Vaccines help the body learn how to defend itself from disease without the dangers of a full-blown infection. Vaccines work by imitating an infection. The body recognizes the antigen, the active part of the vaccine, as an intruder and produces antibodies that neutralize or destroy the intruder.

BINGO

TRIVIA FOR YOUR HEALTH

**What time of the year can you get
a pneumococcal vaccine?**



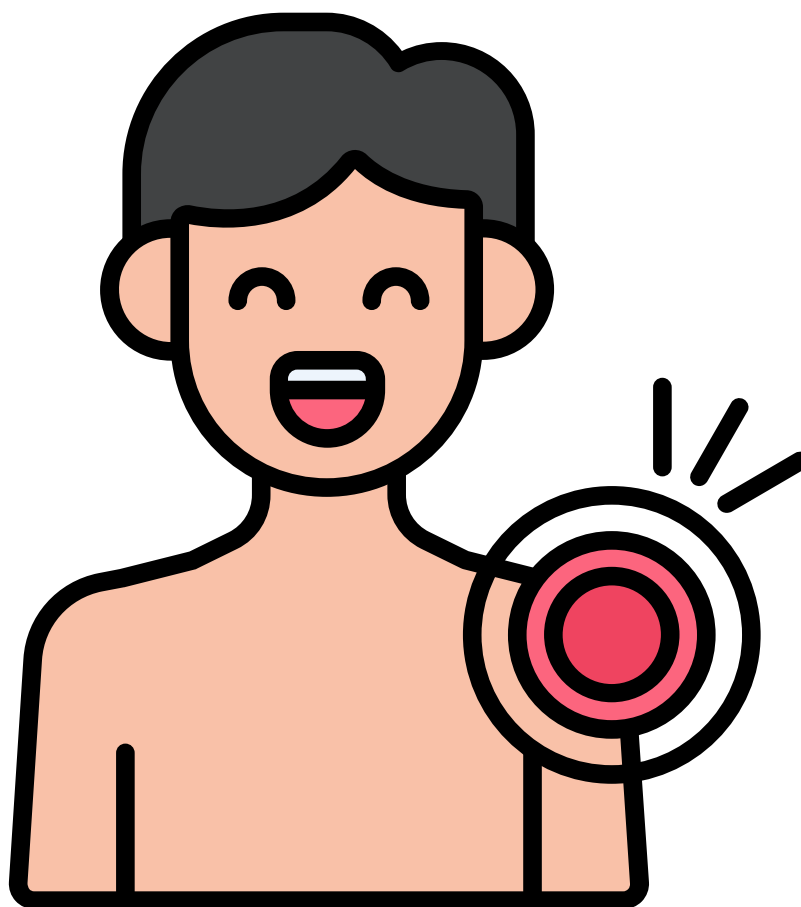
Year round

Ask the participants: Do you know of other types of infections besides pneumonia, an infection of the lungs, that can develop by the bacteria the pneumococcal vaccine protects against? This vaccine protects against many types of infections. Bacteremia (blood infection), Sinusitis (sinus infection), Meningitis (brain and spinal cord infection), and Otitis media (ear infection).

BINGO

TRIVIA FOR YOUR HEALTH

Also called herpes zoster, this illness causes a painful rash and is caused by the same virus that causes chickenpox.



Shingles

About one in every three people in the U.S. will have shingles in their lifetime. If you had chicken pox, you are at risk for shingles. Some people develop nerve pain that lasts for months or years and shingles can also lead to serious complications involving the eye, including vision loss. Luckily, we have a vaccine called Shingrix that is more than 90% effective at preventing shingles.

BINGO

TRIVIA FOR YOUR HEALTH

This group of individuals counts for nearly 70-85% of flu related deaths in the U.S.



Older adults

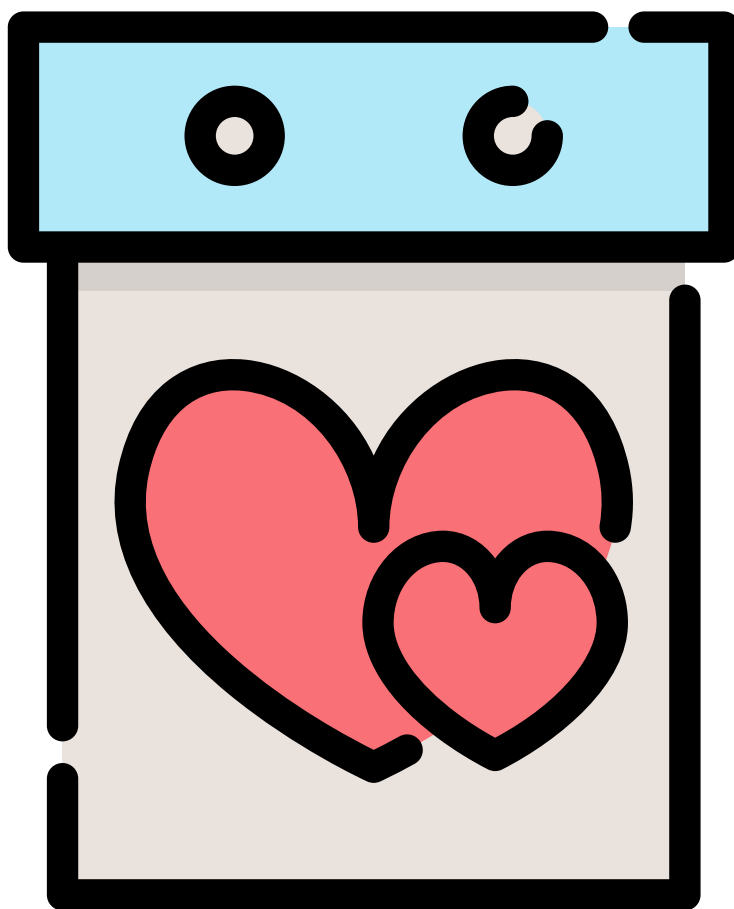
People 65 years and older are at higher risk of developing serious flu complications due in part to changes in immune defenses with increasing age.

The flu vaccine is the best protection against the flu.

BINGO

TRIVIA FOR YOUR HEALTH

Influenza or flu activity most often peaks during what month?



February

Flu rates often increase in October and peak between December and February. February has seen the most influenza activity (17 seasons) over a 40-year lookback period.

BINGO

TRIVIA FOR YOUR HEALTH

It is recommended people get the flue vaccine by the end of what month?



October

September and October are good months to be vaccinated against flu, but ideally everyone should be vaccinated by the end of October.

BINGO

TRIVIA FOR YOUR HEALTH

It is especially important for people in what role or profession to get the flu and COVID-19 vaccinations?



Health Care Workers

BINGO

TRIVIA FOR YOUR HEALTH

The flu and COVID-19 viruses travel this way from person to person, also known as traveling through the air.



Airborne

The flu and COVID-19 viruses spread mainly by droplets made when people with these infections cough, sneeze or talk.

BINGO

TRIVIA FOR YOUR HEALTH

This form of medicine does not cure the flu or COVID-19 because both are viruses.



Antibiotics

Antibiotics are medicines that fight infections caused by bacteria and are used to treat infections such as strep throat and urinary tract infections. They do not work on viruses and are ineffective in the treatment of colds, flu and COVID-19.

BINGO

TRIVIA FOR YOUR HEALTH

What is one simple thing you can do to help prevention infectious diseases such as influenza and COVID-19 and should be done for at least 20 seconds?



Hand Washing

Hand washing is an easy way to prevent the spread of germs. Clean hands stop germs from spreading from one person to another. Remember to wash your hands frequently throughout the day to stay healthy.

BINGO

TRIVIA FOR YOUR HEALTH

What can propel air and particles out of your lungs and throat at speeds near to 50 miles per hour?



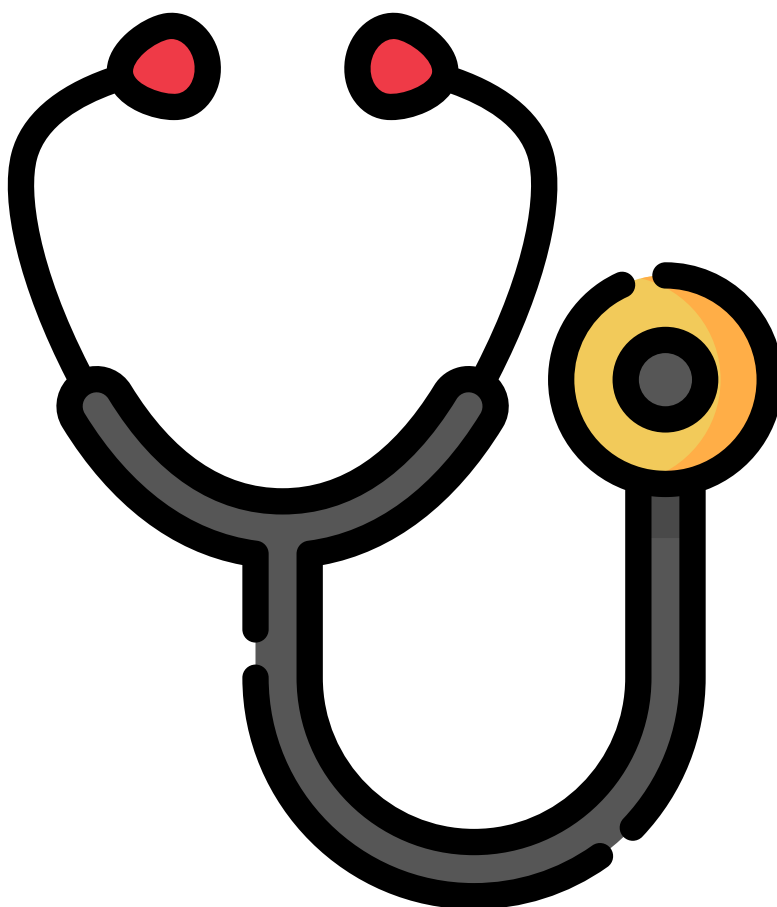
Cough

Demonstrate covering your cough and sneeze technique.
Covering coughs and sneezes can help prevent the spread of respiratory illnesses like flu and COVID-19.

BINGO

TRIVIA FOR YOUR HEALTH

If you are unsure about whether or not you should receive a vaccine whom should you talk to?



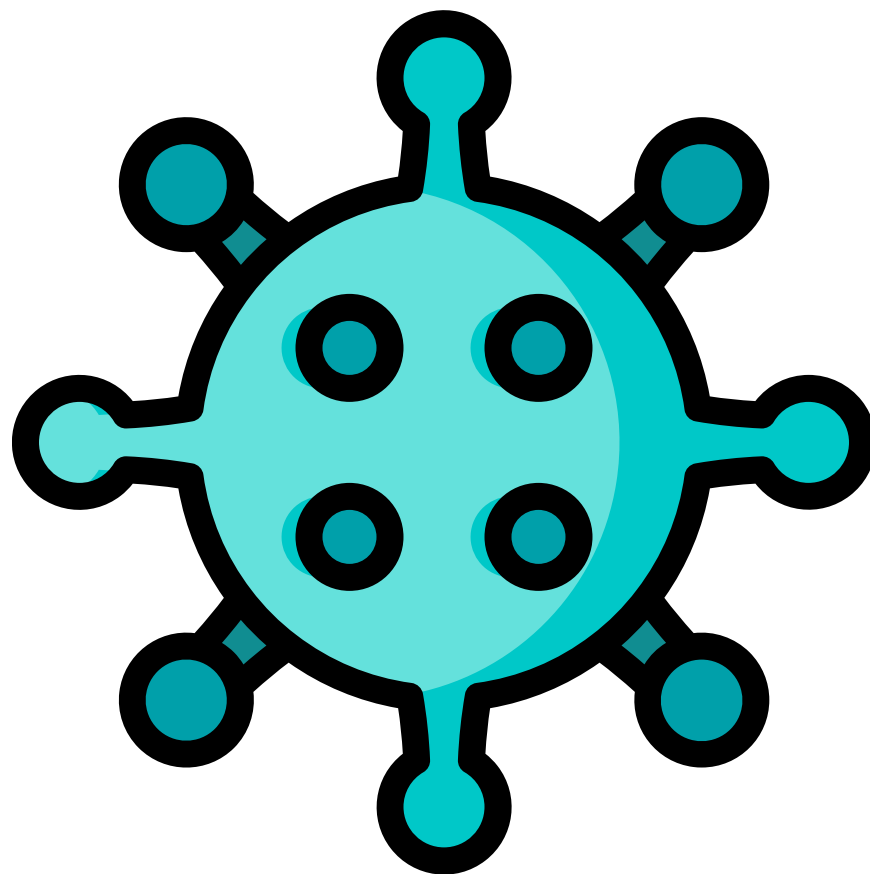
Doctor or health care provider.

If you are unsure about your vaccination status reach out to your health care provider. Vaccinations such as an annual flu shot, the pneumococcal vaccine, the updated COVID-19 vaccine and others will help keep you healthy.

BINGO

TRIVIA FOR YOUR HEALTH

This virus, also called SARS-CoV-2, is very contagious and spreads when an infected person breathes in droplets that contain the virus.



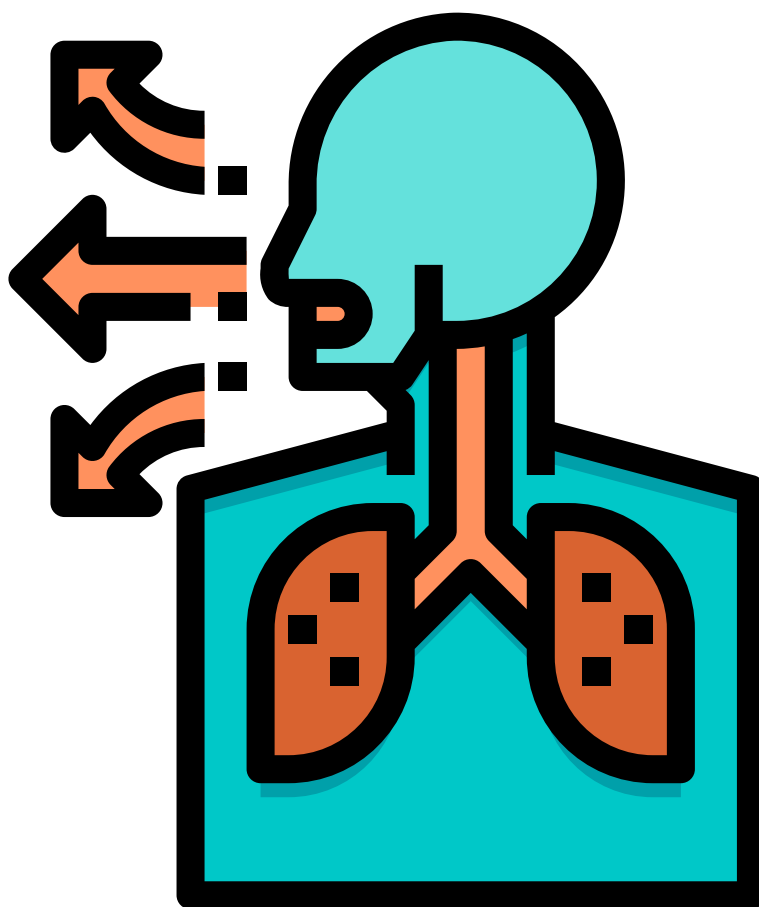
COVID-19

Everyone eligible to receive the COVID-19 vaccine should be vaccinated. Risk increases with age. Older adults are more likely to be hospitalized or die from COVID-19.

BINGO

TRIVIA FOR YOUR HEALTH

The COVID -19 virus often affects what part of the body?



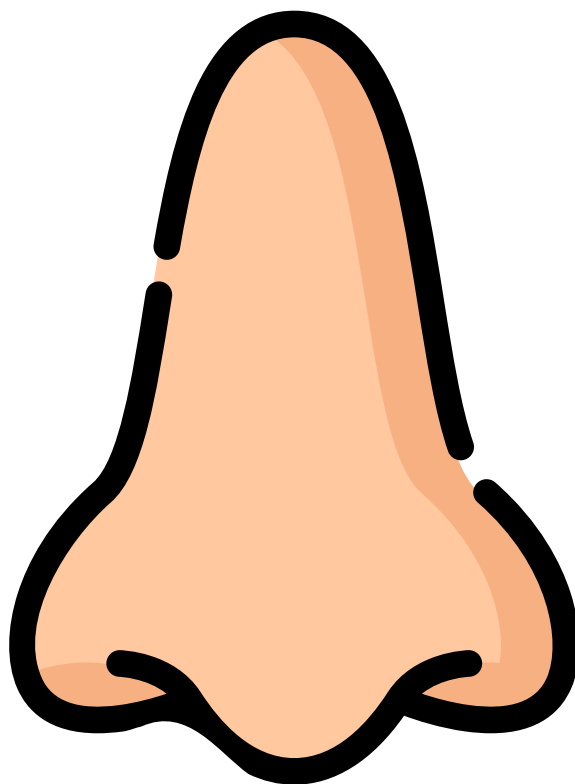
Lungs

The COVID-19 virus can be life threatening. Seek emergency medical attention with trouble breathing, pain or pressure in your chest, confusion, inability to stay awake and pale or blue skin, lips or nail beds. These symptoms are signs of a respiratory emergency.

BINGO

TRIVIA FOR YOUR HEALTH

What is more sensitive, your sense of smell or your sense of taste?



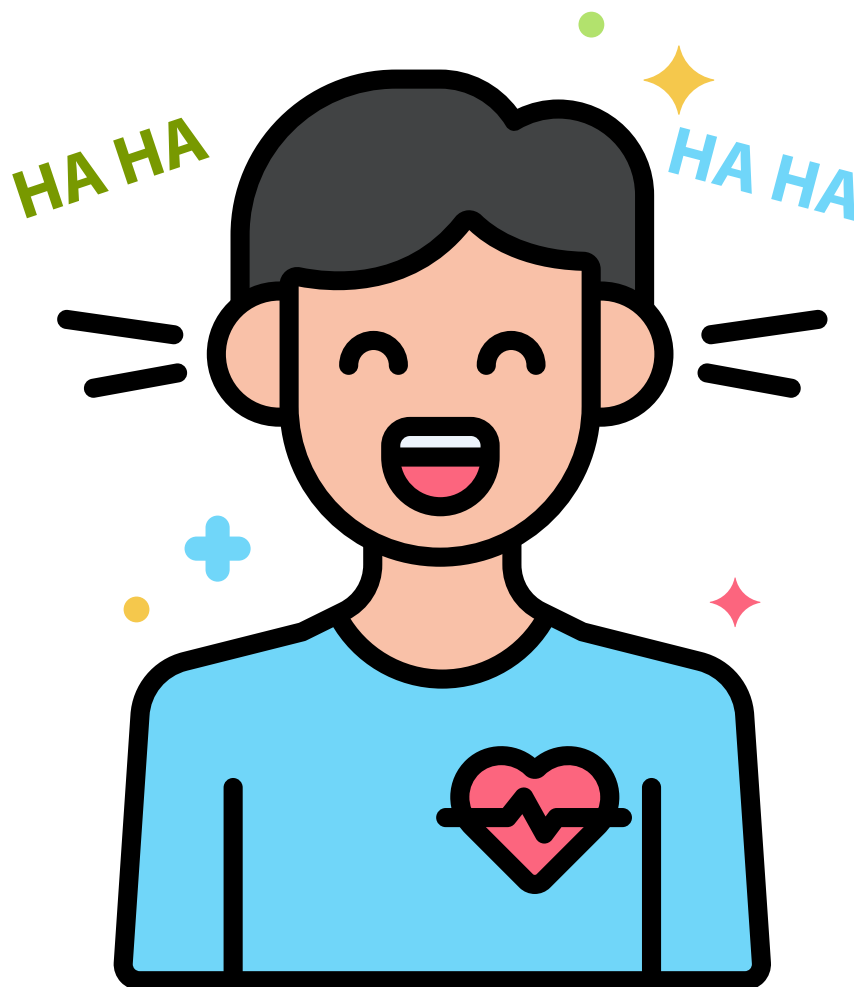
Sense of smell

A symptom of COVID –19 is loss of taste and smell. It takes some people a long time to regain these abilities. Vaccination against COVID –19 lessens this chance.

BINGO

TRIVIA FOR YOUR HEALTH

Complete the quote: _____ is the best medicine.



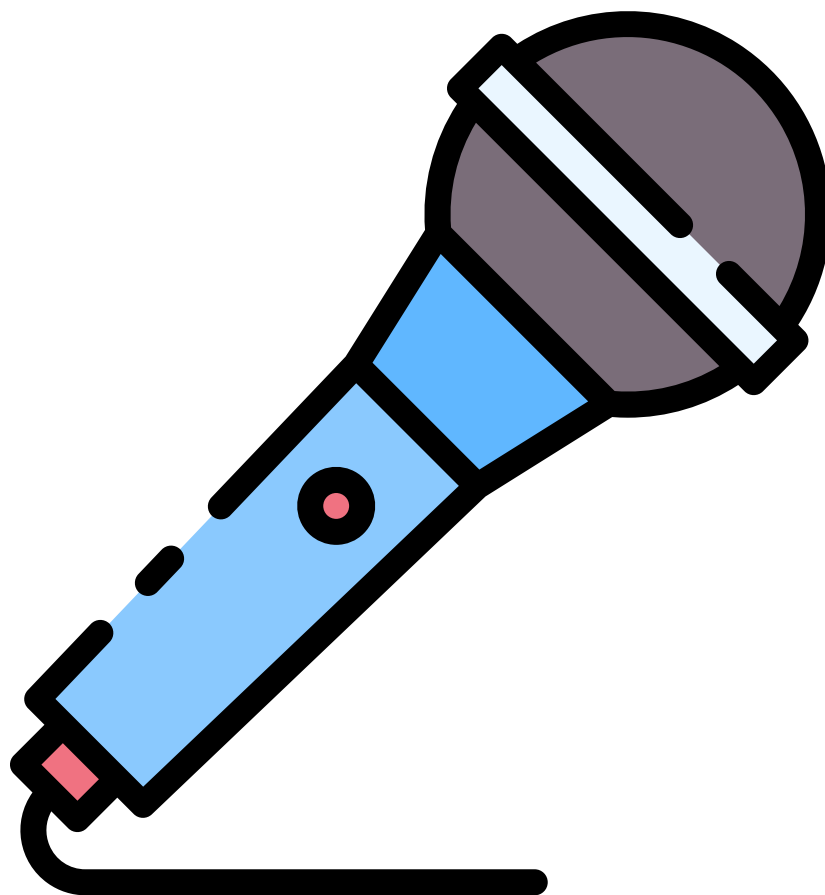
Laughter

Laughter strengthens your immune system, boosts mood, diminishes pain and protects you from damaging effects of stress.

BINGO

TRIVIA FOR YOUR HEALTH

What activity produced from your vocal cords has many health benefits?



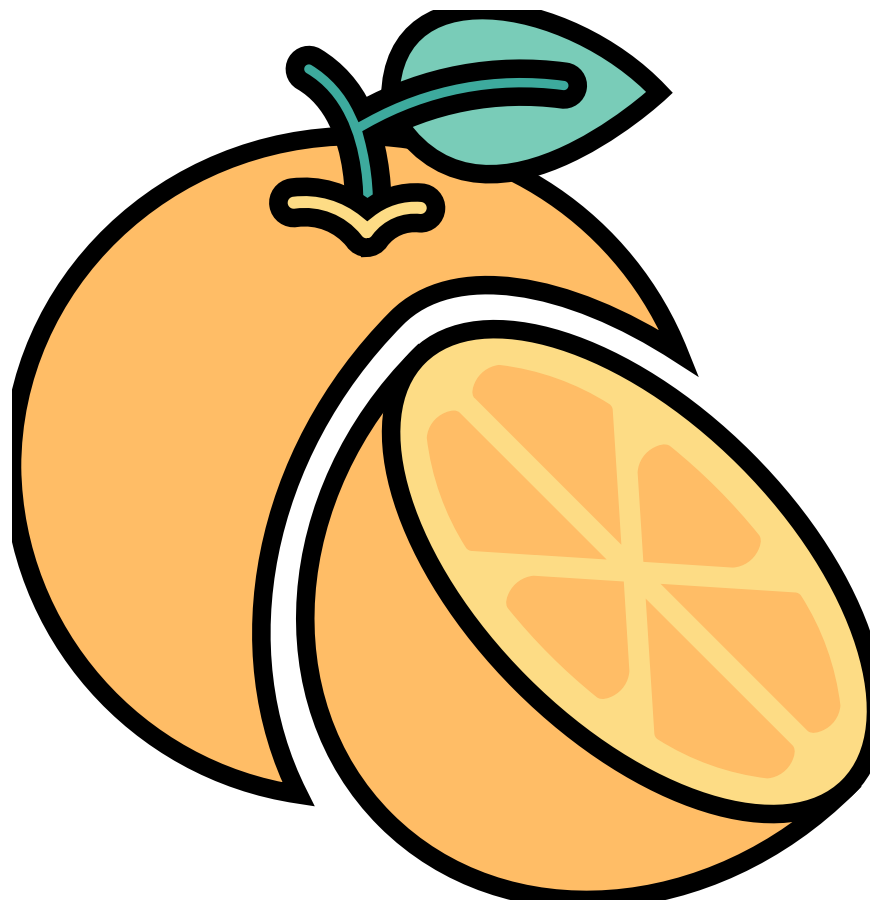
Singing

Ask participants: What is your favorite song?
If near a holiday, ask what their favorite holiday song is. Singing helps us relax, improve breathing, memory and helps with pain relief and many other health benefits.

BINGO

TRIVIA FOR YOUR HEALTH

This fruit is a good source of vitamin C.



Orange

Ask the participants: What are other good sources of Vitamin C?
Examples: strawberries, tomatoes, all citrus fruits, bell peppers and white potatoes.

BINGO

TRIVIA FOR YOUR HEALTH

Quitting this unhealthy habit can help prevent pneumonia.



Smoking

BINGO

TRIVIA FOR YOUR HEALTH

**This type of exercise reduces the risk of multiple health problems.
(Clue, put one foot in front of the other.)**



Walking

Ask the participants: How many steps are in one mile? About 2,200 steps equals one mile. Offer distances from areas in your community to incentivize walking. Tell them how many steps it is to and from the dining room, or between hallways, from the post office to the park, etc.

BINGO

TRIVIA FOR YOUR HEALTH

What not only staves off feelings of loneliness, but also helps sharpen memory and helps lower your risk for disease?



Activity

Did you know that your decision today to come out and play BINGO has an impact on your health? Forming relationships and engaging in activities improves your emotional and physical health.

BINGO

TRIVIA FOR YOUR HEALTH

What fictional character takes your baby teeth from under your pillow while you are sleeping and replaces it with a gift?



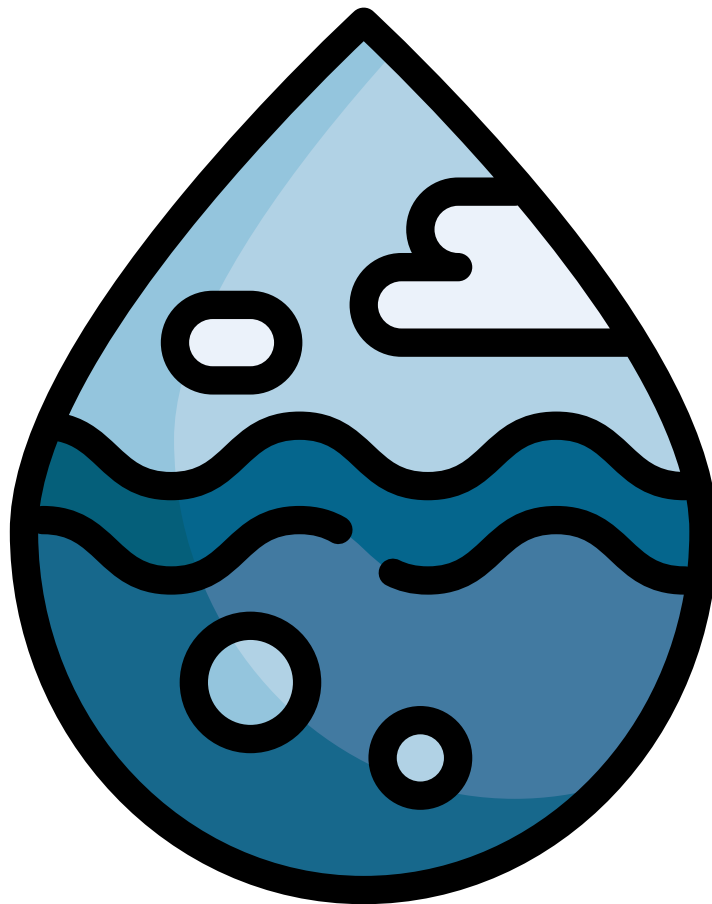
Tooth Fairy

Ask the participants: What kind of gifts did you get from the tooth fairy?
Good oral hygiene can help prevent the development of lung infections.

BINGO

TRIVIA FOR YOUR HEALTH

The human body is made up of 60% of this liquid.



Water

Ask the participants: How many cups of water are recommended daily?
There's no one size fits all, but in general four to six cups of plain water supplemented with other fluid sources such as coffee, tea, juice, fruits and veggies make up the total amount of approximately 12 to 16 cups of water per day. Water helps keep a normal body temperature, lubricates and cushions joints, protects the spinal cord and other tissues and gets rid of waste through urination and bowel movements.

BINGO

TRIVIA FOR YOUR HEALTH

What part of the body helps us talk, taste, digest and eat?



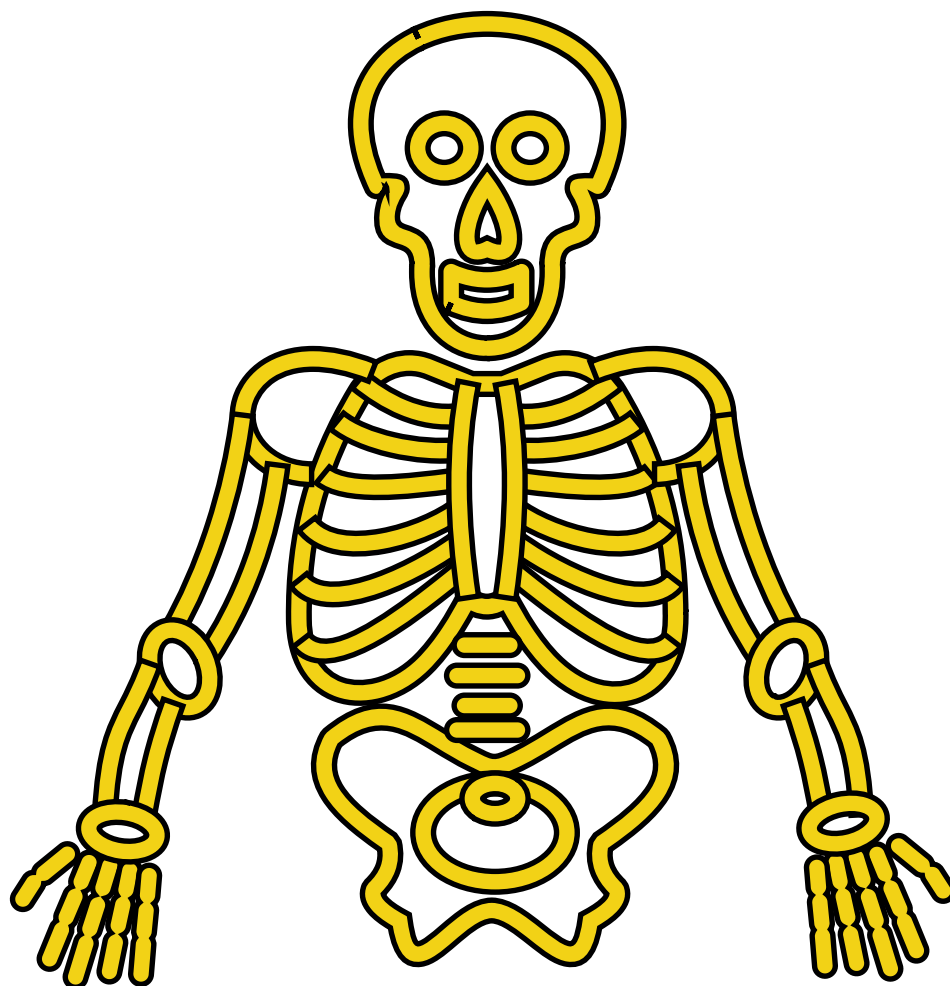
Tongue

Ask the participants: How many of you can roll your tongue into a tube? Demonstrate the process if you are able to. Most people can but about three out of every 10 people will not be able to roll their tongue.

BINGO

TRIVIA FOR YOUR HEALTH

You have 206 of these in your body.

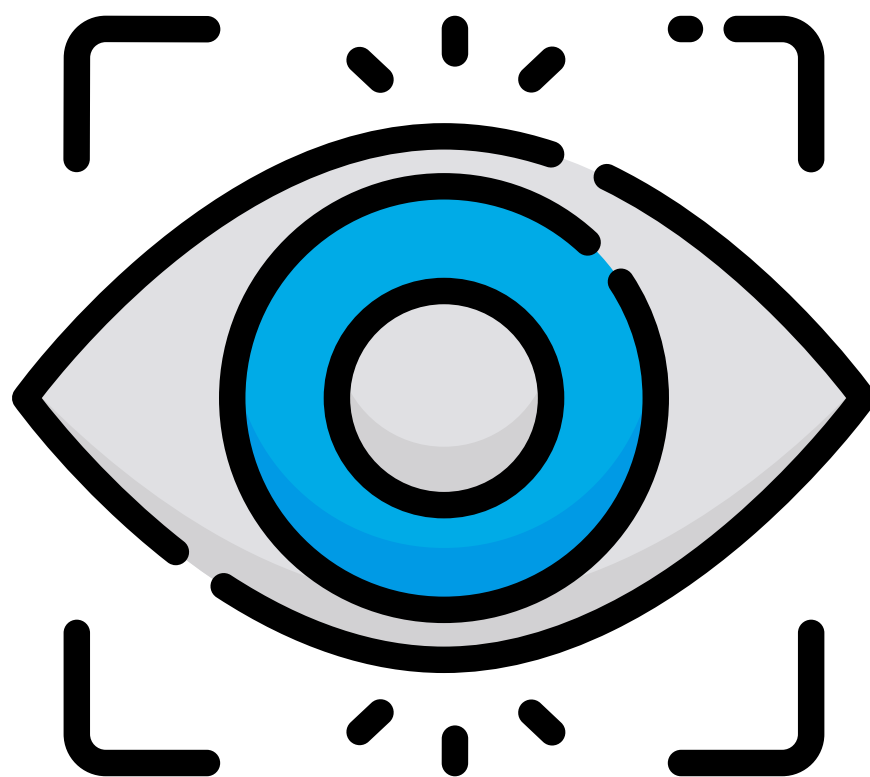


Bones

BINGO

TRIVIA FOR YOUR HEALTH

What does your eye do 20 times a minute?



Blink



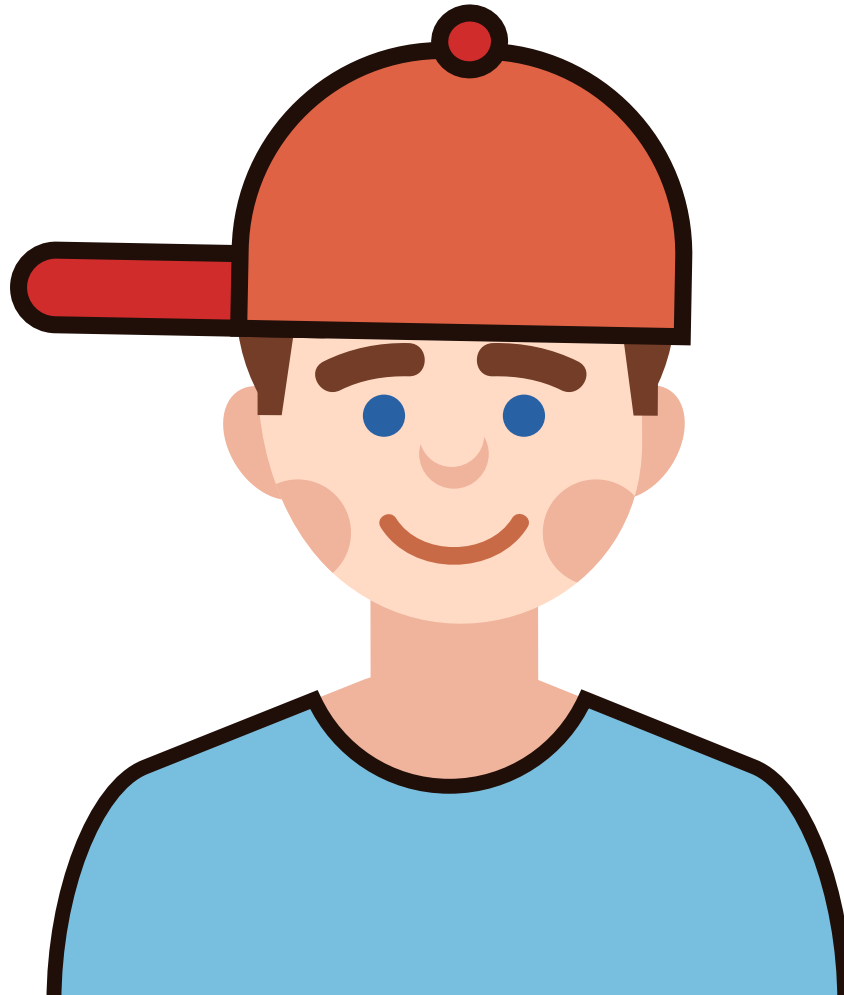
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BINGO

TRIVIA FOR YOUR HEALTH

What sort of patients does a pediatrician work with?



Children

Ask the participants: Who has the most children (or grandchildren)?
Start the count at one and continue to count upwards until one person is left.

BINGO

TRIVIA FOR YOUR HEALTH

The average human being is a height of ... ?

5' 4"

5 foot 4 inches

Ask the participants: With a show of hands how many of you are 5 feet 4 inches?

BINGO

TRIVIA FOR YOUR HEALTH

In what part of your body can you get gingivitis?



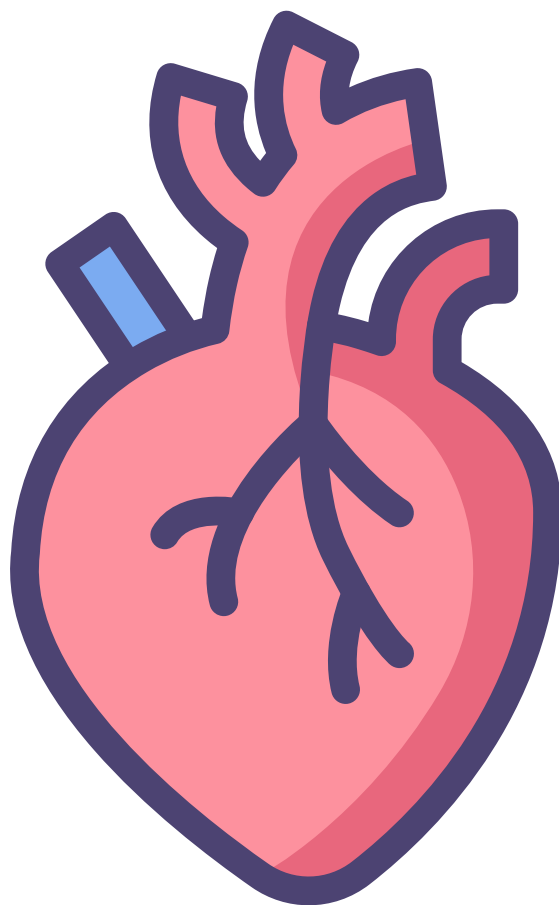
Your gums.

Ask the participants: Fun fact, what was the name of the first successful bubble gum?
Dubble Bubble

BINGO

TRIVIA FOR YOUR HEALTH

This organ pumps blood through blood vessels to every part of the body.

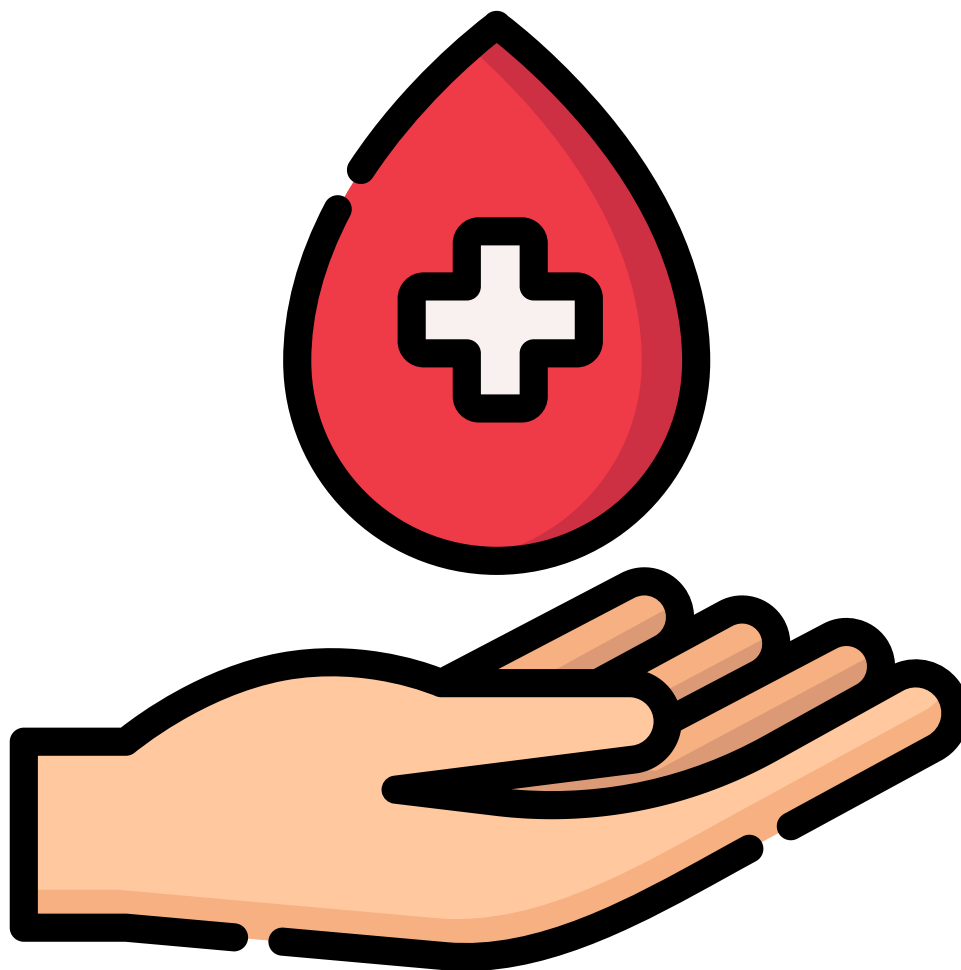


Heart

BINGO

TRIVIA FOR YOUR HEALTH

How much blood does a human being have?

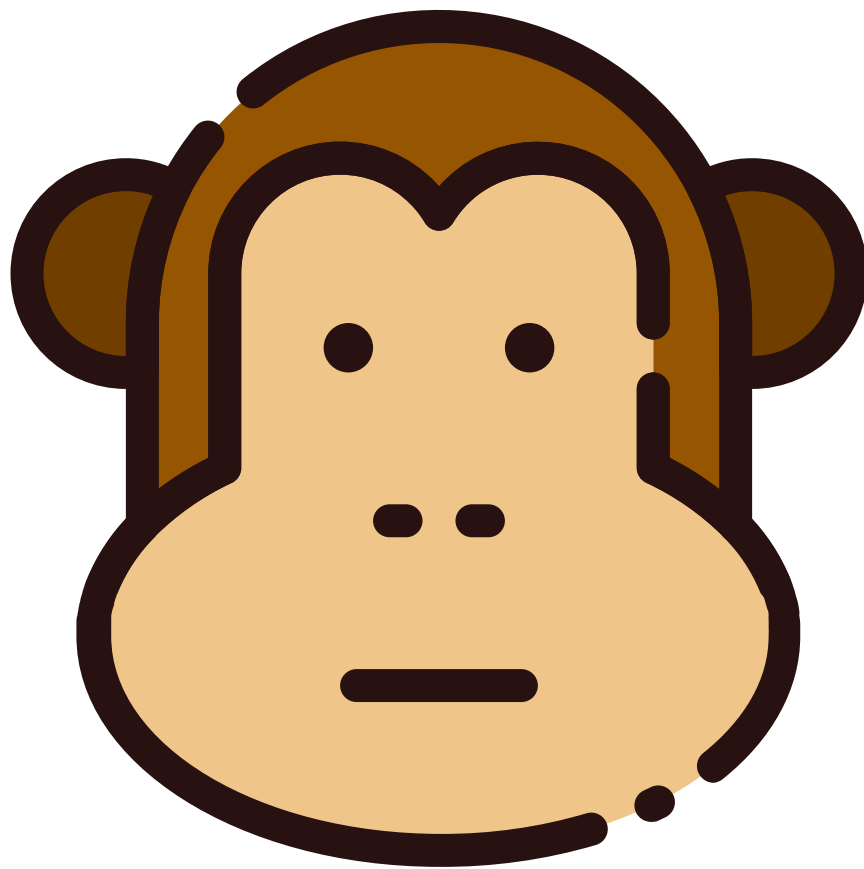


**About one gallon (1.3 gallons)
or about five liters.**

BINGO

TRIVIA FOR YOUR HEALTH

**Human beings share 96% of their DNA
with this animal?**



Chimpanzee

Ask the participants: Why don't monkeys play cards in the jungle?
There are too many CHEE-TAHS!

BINGO

TRIVIA FOR YOUR HEALTH

**What shape are blood cells?
(Clue: this shape can also be a tasty baked good
often eaten for breakfast)**



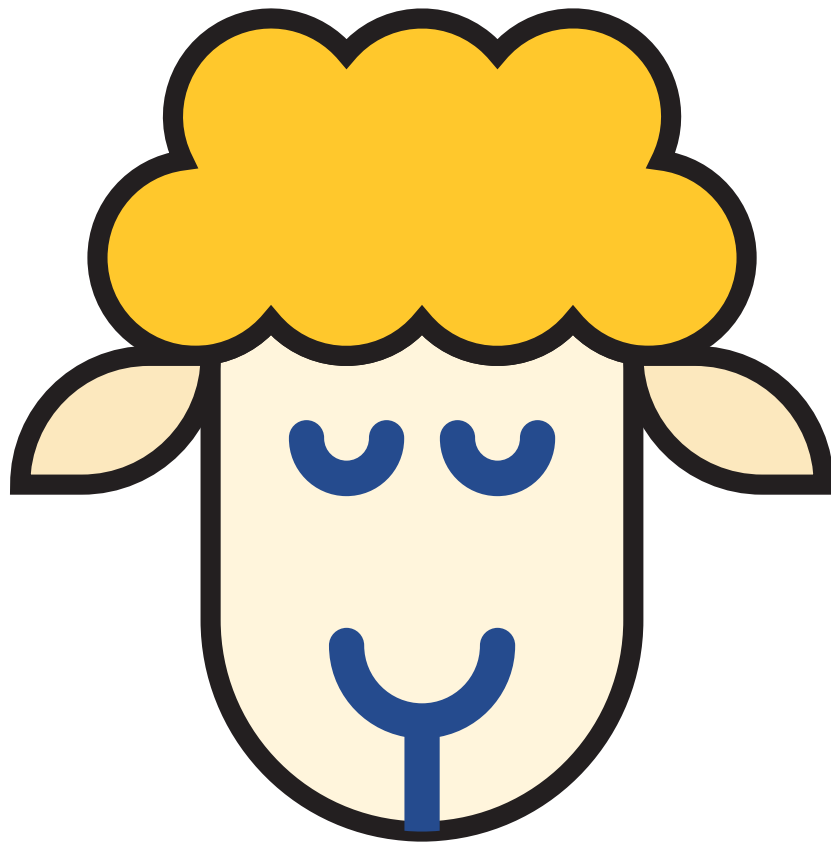
Doughnuts

Ask the participants: What is the main function of blood cells?
To transport oxygen from and to your tissues and organs.

BINGO

TRIVIA FOR YOUR HEALTH

**What was the name of the first cloned sheep?
(Clue, the sheep shares the name with a famous
country singer. Her last name is Parton.)**



Dolly



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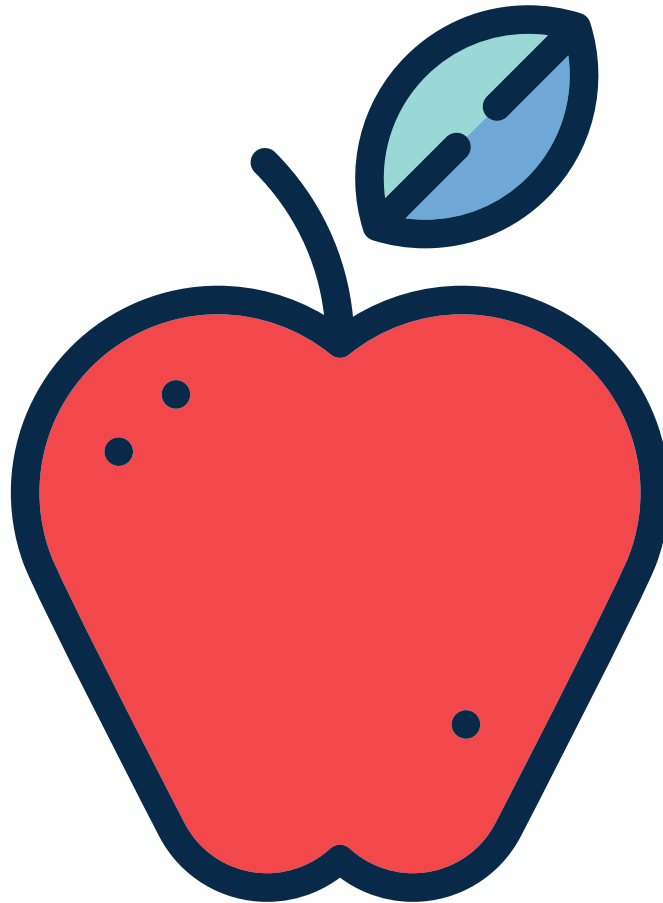
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BINGO

TRIVIA FOR YOUR HEALTH

**What is the National dessert of America?
“There’s nothing more American than _____!”**

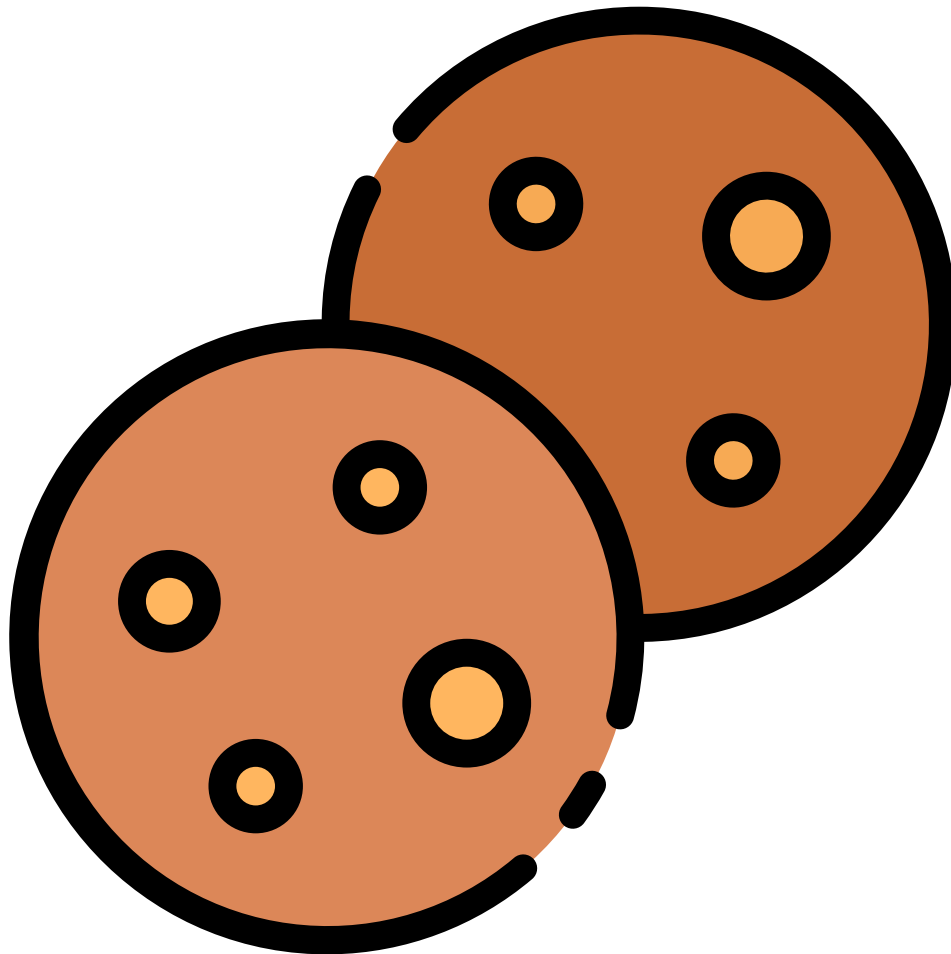


Apple pie

BINGO

TRIVIA FOR YOUR HEALTH

Why did the cookie go to the hospital?



It was feeling crummy.

BINGO

TRIVIA FOR YOUR HEALTH

What TV drama about a family physician and his assistant aired from 1969-1976 and featured actor Robert Young?



Marcus Welby, MD.

BINGO

TRIVIA FOR YOUR HEALTH

What TV comedy featured actor Alan Alda as Benjamin Franklin “Hawkeye” Pierce, one of the members of the 4077th Mobile Army Surgical Hospital that cared for the injured during the Korean War.

M*A*S*H

M*A*S*H



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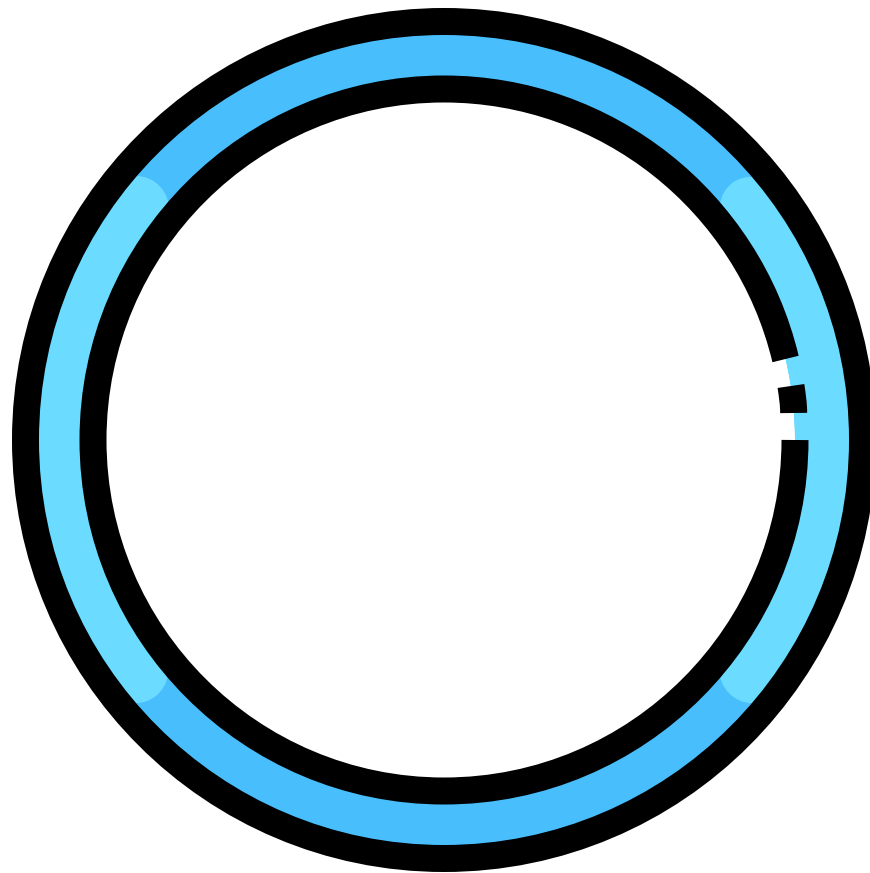
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BINGO

TRIVIA FOR YOUR HEALTH

What circular plastic toy of the 1950s was placed around the waist and operated by moving the hips?



Hula Hoop

Ask the participants: By a show of hands how many of you owned a hula hoop? How many of you thought you were good at it?

BINGO

TRIVIA FOR YOUR HEALTH

Who lived at Graceland in Memphis, Tennessee?



Elvis Presley

Ask the participants: What is your favorite Elvis Presley song? Examples: Love Me Tender, Jailhouse Rock, In the Ghetto, All Shook Up, Don't be Cruel

BINGO

TRIVIA FOR YOUR HEALTH



BINGO

TRIVIA FOR YOUR HEALTH

				
				
		FREE SPACE		
			M*A*S*H	
				

BINGO

TRIVIA FOR YOUR HEALTH



BINGO

TRIVIA FOR YOUR HEALTH

				
				
		FREE SPACE		
	M*A*S*H			
				



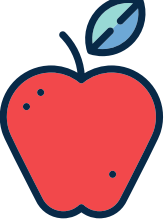
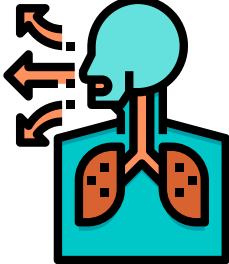

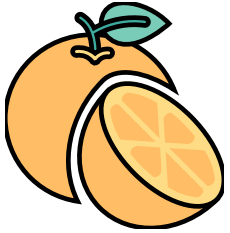
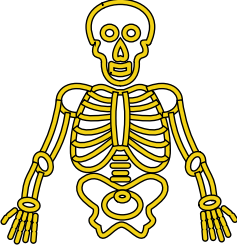

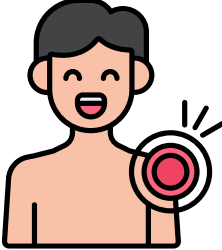



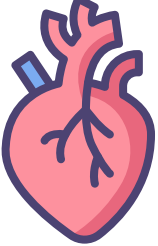



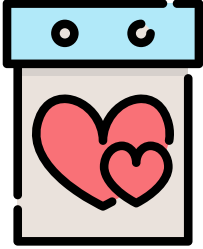



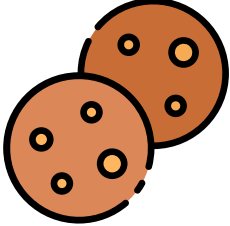
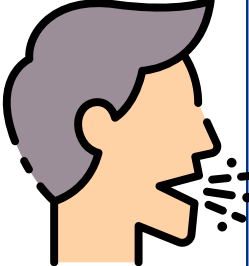
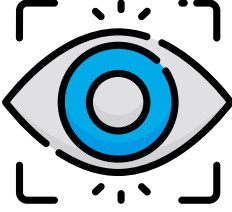

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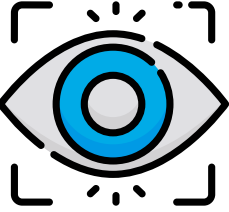
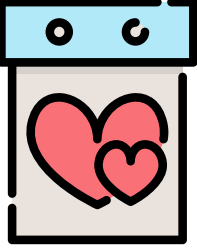



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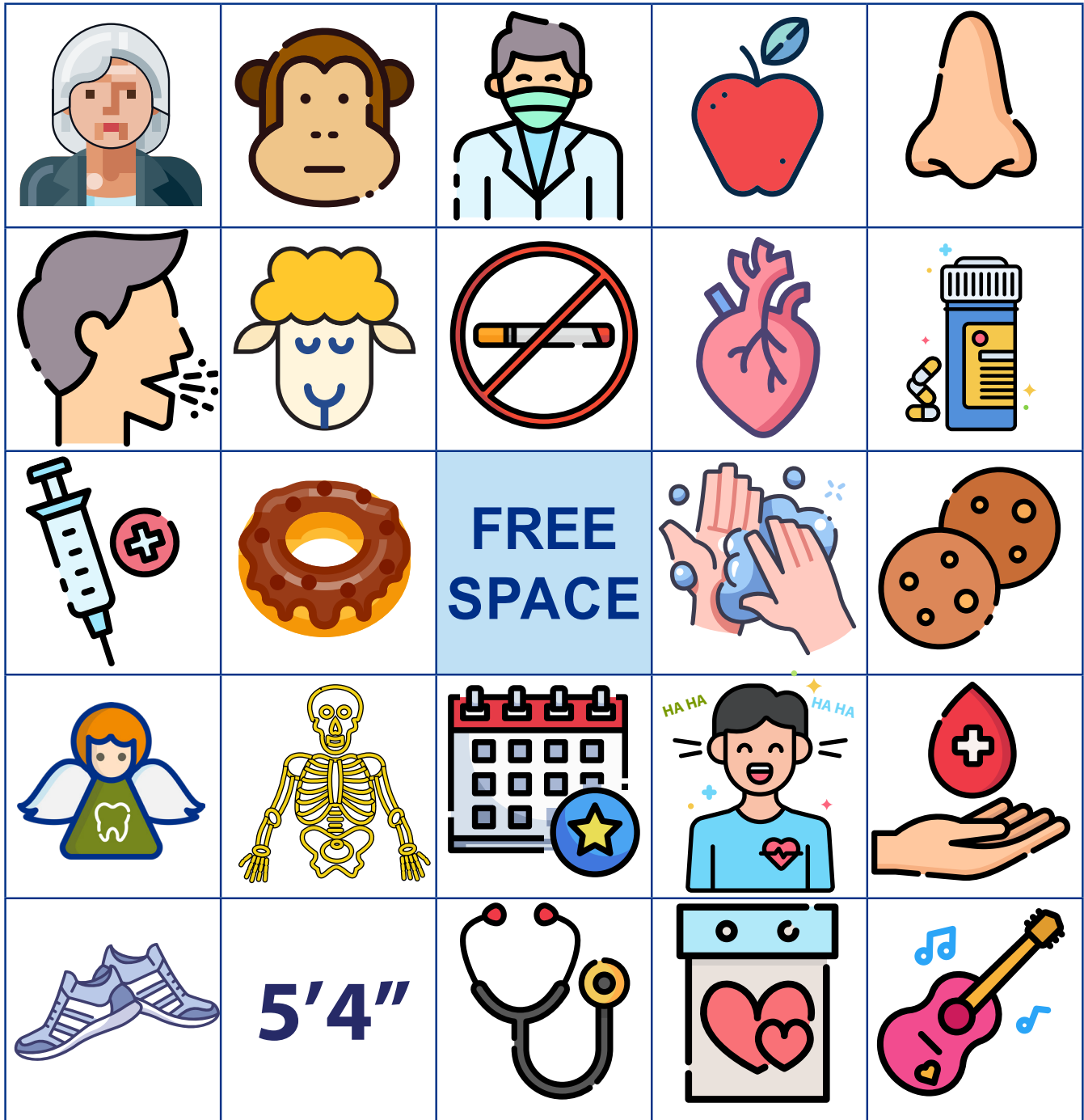
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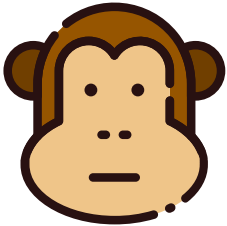

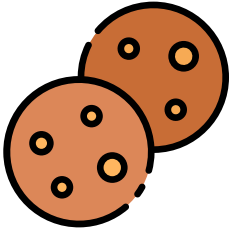

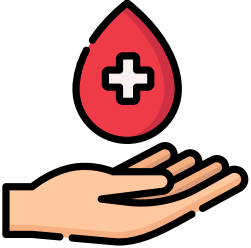
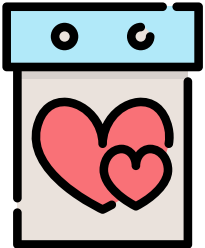



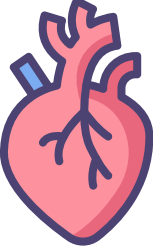
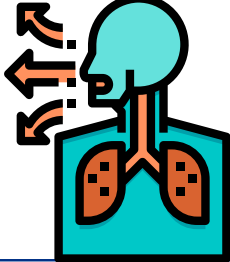
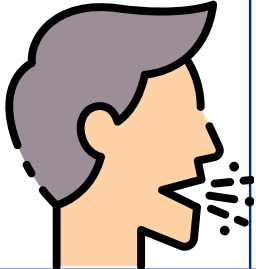

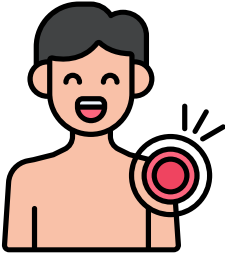

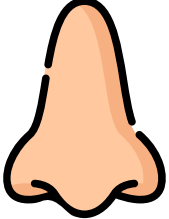

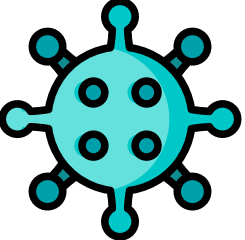
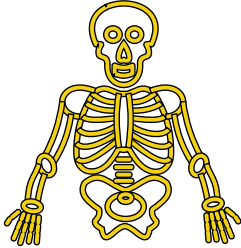

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