

100-Question Multiple-Choice Quiz on Viral Infections with Answers

1. Which type of microorganism requires a host cell to reproduce?

- A. Bacterium
- B. Fungus
- C. Virus
- D. Protozoan

Answer: C. Virus

Explanation: Viruses cannot reproduce independently. They must invade a living host cell and use the host's cellular machinery to make copies of themselves.

2. Which viral disease is caused by the human immunodeficiency virus (HIV)?

- A. Influenza
- B. AIDS
- C. Tuberculosis
- D. Hepatitis

Answer: B. AIDS

Explanation: HIV attacks the immune system, particularly CD4 T cells, and can eventually lead to acquired immunodeficiency syndrome (AIDS).

3. Which virus is responsible for COVID-19?

- A. Influenza virus
- B. Rhinovirus
- C. SARS-CoV-2
- D. Ebola virus

Answer: C. SARS-CoV-2

Explanation: COVID-19 is caused by the coronavirus known as SARS-CoV-2, first identified in 2019.

4. Which body system is mainly affected by influenza?

- A. Digestive system
- B. Nervous system
- C. Respiratory system
- D. Skeletal system

Answer: C. Respiratory system

Explanation: Influenza primarily infects the respiratory tract, including the nose, throat, and lungs.

5. Which virus commonly causes the common cold?

- A. Rhinovirus
- B. HIV
- C. Hepatitis B virus
- D. Rotavirus

Answer: A. Rhinovirus

Explanation: Rhinoviruses are the most common cause of the common cold.

6. Which viral infection can be prevented with the MMR vaccine?

- A. Influenza
- B. Measles
- C. Hepatitis C
- D. Rabies

Answer: B. Measles

Explanation: The MMR vaccine protects against measles, mumps, and rubella.

7. What is the genetic material found in some viruses?

- A. Protein only
- B. Lipids only
- C. DNA or RNA
- D. Carbohydrates

Answer: C. DNA or RNA

Explanation: Viruses contain either DNA or RNA as their genetic material, but not both.

8. Which virus is transmitted mainly through mosquito bites?

- A. Rabies virus
- B. Dengue virus
- C. Norovirus
- D. Adenovirus

Answer: B. Dengue virus

Explanation: Dengue virus is spread by infected Aedes mosquitoes.

9. Which organ is mainly affected by hepatitis viruses?

- A. Heart
- B. Lungs
- C. Liver
- D. Kidneys

Answer: C. Liver

Explanation: Hepatitis viruses cause inflammation and damage to the liver.

10. Which viral infection is known for causing a painful rash along nerves?

- A. Chickenpox

- B. Shingles
- C. Influenza
- D. Polio

Answer: B. Shingles

Explanation: Shingles is caused by reactivation of the varicella-zoster virus, which remains dormant in nerve tissue after chickenpox.

11. Which virus causes chickenpox?

- A. Epstein-Barr virus
- B. Varicella-zoster virus
- C. Rotavirus
- D. Poliovirus

Answer: B. Varicella-zoster virus

Explanation: Varicella-zoster virus causes chickenpox during primary infection.

12. Which viral disease once caused widespread paralysis before vaccines became available?

- A. Polio
- B. Measles
- C. Rabies
- D. Mumps

Answer: A. Polio

Explanation: Poliovirus can damage the nervous system and lead to paralysis.

13. Which virus attacks the liver and can be spread through contaminated food and water?

- A. Hepatitis A virus

- B. HIV
- C. Ebola virus
- D. HPV

Answer: A. Hepatitis A virus

Explanation: Hepatitis A is commonly spread through contaminated food or water and affects liver function.

14. Which viral infection is commonly spread through sexual contact?

- A. HPV
- B. Rhinovirus
- C. Rotavirus
- D. Norovirus

Answer: A. HPV

Explanation: Human papillomavirus (HPV) is commonly transmitted through sexual contact.

15. Which virus is associated with cervical cancer?

- A. HIV
- B. HPV
- C. Influenza virus
- D. Coronavirus

Answer: B. HPV

Explanation: Certain strains of HPV can cause cervical cancer and other cancers.

16. Which viral disease is characterized by swollen salivary glands?

- A. Rubella
- B. Mumps
- C. Chickenpox

D. Dengue

Answer: B. Mumps

Explanation: Mumps often causes painful swelling of the parotid salivary glands.

17. Which virus can cause infectious mononucleosis?

- A. Epstein-Barr virus
- B. Hepatitis B virus
- C. Poliovirus
- D. Rabies virus

Answer: A. Epstein-Barr virus

Explanation: Epstein-Barr virus commonly causes mononucleosis, also called "mono."

18. Which symptom is common in many viral infections?

- A. Fever
- B. Broken bones
- C. Tooth decay
- D. Hair loss

Answer: A. Fever

Explanation: Fever is a common immune response to viral infections.

19. Which virus is known for causing severe hemorrhagic fever?

- A. Rhinovirus
- B. Ebola virus
- C. HPV
- D. Adenovirus

Answer: B. Ebola virus

Explanation: Ebola virus disease can cause severe bleeding, organ failure, and high mortality.

20. Which viral infection is preventable through yearly vaccination?

- A. Influenza
- B. Rabies
- C. Polio
- D. Mononucleosis

Answer: A. Influenza

Explanation: Influenza viruses change frequently, so annual vaccines are recommended.

21. Which structure surrounds some viruses and helps them enter cells?

- A. Capsule
- B. Envelope
- C. Cell wall
- D. Ribosome

Answer: B. Envelope

Explanation: Some viruses have a lipid envelope that helps them fuse with host cells.

22. Which virus is transmitted through bites from infected animals?

- A. Rabies virus
- B. Norovirus
- C. Hepatitis A virus
- D. Rotavirus

Answer: A. Rabies virus

Explanation: Rabies spreads mainly through saliva from infected animal bites.

23. Which disease is caused by the rabies virus?

- A. Encephalitis
- B. Rabies
- C. Influenza
- D. Dengue

Answer: B. Rabies

Explanation: Rabies is a deadly viral infection affecting the nervous system.

24. Which virus is a major cause of stomach flu outbreaks?

- A. HIV
- B. Norovirus
- C. Measles virus
- D. Poliovirus

Answer: B. Norovirus

Explanation: Norovirus commonly causes outbreaks of vomiting and diarrhea.

25. Which viral infection can lead to jaundice?

- A. Hepatitis B
- B. Influenza
- C. Rhinovirus
- D. Chickenpox

Answer: A. Hepatitis B

Explanation: Hepatitis B damages the liver, sometimes causing yellowing of the skin and eyes.

26. Which virus belongs to the coronavirus family?

- A. SARS-CoV-2
- B. HIV
- C. HPV
- D. Rotavirus

Answer: A. SARS-CoV-2

Explanation: SARS-CoV-2 is a member of the coronavirus family.

27. Which virus is spread mainly through contaminated blood and body fluids?

- A. Hepatitis C virus
- B. Rhinovirus
- C. Adenovirus
- D. Rotavirus

Answer: A. Hepatitis C virus

Explanation: Hepatitis C is commonly spread through blood exposure.

28. Which of the following is NOT a viral disease?

- A. Measles
- B. Tuberculosis
- C. Chickenpox
- D. Mumps

Answer: B. Tuberculosis

Explanation: Tuberculosis is caused by the bacterium *Mycobacterium tuberculosis*.

29. Which virus can remain dormant in the body and reactivate later?

- A. Varicella-zoster virus
- B. Norovirus
- C. Rotavirus
- D. Rhinovirus

Answer: A. Varicella-zoster virus

Explanation: After chickenpox, the virus can stay inactive in nerves and later cause shingles.

30. Which viral infection commonly causes loss of smell and taste?

- A. COVID-19
- B. Rabies
- C. Polio
- D. Hepatitis A

Answer: A. COVID-19

Explanation: Many COVID-19 patients experience temporary loss of smell and taste.

31. What is the main purpose of vaccines?

- A. Destroy all bacteria
- B. Strengthen bones
- C. Prepare the immune system to fight infections
- D. Replace antibiotics

Answer: C. Prepare the immune system to fight infections

Explanation: Vaccines train the immune system to recognize and fight pathogens.

32. Which virus can cause liver cancer?

- A. Hepatitis B virus
- B. Rhinovirus
- C. Influenza virus

D. Norovirus

Answer: A. Hepatitis B virus

Explanation: Chronic hepatitis B infection increases the risk of liver cancer.

33. Which virus causes measles?

- A. Measles virus
- B. Dengue virus
- C. HIV
- D. Rotavirus

Answer: A. Measles virus

Explanation: Measles is caused by a highly contagious measles virus.

34. Which viral disease often causes a red rash and fever in children?

- A. Measles
- B. Rabies
- C. Hepatitis
- C D. Polio

Answer: A. Measles

Explanation: Measles commonly causes fever, cough, and a widespread rash.

35. Which viral infection is especially dangerous for people with weakened immune systems?

- A. Cytomegalovirus
- B. Rhinovirus
- C. Rotavirus
- D. Common cold

Answer: A. Cytomegalovirus

Explanation: Cytomegalovirus can cause serious illness in immunocompromised individuals.

36. Which virus is commonly spread through respiratory droplets?

- A. Influenza virus
- B. Hepatitis B virus
- C. HIV
- D. Rabies virus

Answer: A. Influenza virus

Explanation: Influenza spreads easily through coughing, sneezing, and close contact.

37. Which viral infection affects infants and causes severe diarrhea?

- A. Rotavirus
- B. HIV
- C. Ebola virus
- D. Hepatitis B

Answer: A. Rotavirus

Explanation: Rotavirus is a major cause of diarrhea in young children.

38. Which virus can cause birth defects if contracted during pregnancy?

- A. Rubella virus
- B. Rhinovirus
- C. Adenovirus
- D. Norovirus

Answer: A. Rubella virus

Explanation: Rubella infection during pregnancy can lead to congenital rubella syndrome.

39. Which viral infection is also known as German measles?

- A. Rubella
- B. Chickenpox
- C. Influenza
- D. Dengue

Answer: A. Rubella

Explanation: Rubella is commonly called German measles.

40. Which virus causes hand, foot, and mouth disease?

- A. Coxsackievirus
- B. HIV
- C. Hepatitis C virus
- D. Ebola virus

Answer: A. Coxsackievirus

Explanation: Coxsackievirus commonly causes hand, foot, and mouth disease in children.

41. Which type of medication is specifically used against viruses?

- A. Antibiotics
- B. Antivirals
- C. Antifungals
- D. Analgesics

Answer: B. Antivirals

Explanation: Antiviral drugs are designed to inhibit viral replication.

42. Which viral disease can cause inflammation of the brain?

- A. Viral encephalitis
- B. Osteoporosis
- C. Arthritis
- D. Diabetes

Answer: A. Viral encephalitis

Explanation: Some viruses can infect the brain and cause encephalitis.

43. Which virus is associated with cold sores?

- A. Herpes simplex virus type 1
- B. HIV
- C. Rotavirus
- D. Hepatitis A virus

Answer: A. Herpes simplex virus type 1

Explanation: HSV-1 commonly causes cold sores around the mouth.

44. Which virus is usually associated with genital herpes?

- A. HSV-2
- B. Influenza virus
- C. Poliovirus
- D. Norovirus

Answer: A. HSV-2

Explanation: Herpes simplex virus type 2 is a common cause of genital herpes.

45. Which viral infection can cause warts?

- A. HPV
- B. Ebola virus
- C. HIV

D. Hepatitis C virus

Answer: A. HPV

Explanation: Certain types of HPV can cause skin and genital warts.

46. Which virus can infect the nervous system and spinal cord?

- A. Poliovirus
- B. Rhinovirus
- C. Rotavirus
- D. Adenovirus

Answer: A. Poliovirus

Explanation: Poliovirus can damage motor neurons and cause paralysis.

47. Which of the following helps reduce the spread of respiratory viruses?

- A. Handwashing
- B. Sharing utensils
- C. Avoiding sleep
- D. Eating more sugar

Answer: A. Handwashing

Explanation: Proper hand hygiene helps reduce transmission of many viruses.

48. Which viral disease caused a global pandemic beginning in 2020?

- A. SARS
- B. COVID-19
- C. Ebola
- D. Polio

Answer: B. COVID-19

Explanation: COVID-19 spread worldwide and caused a major pandemic.

49. Which virus can be transmitted from mother to child during birth?

- A. HIV
- B. Rhinovirus
- C. Norovirus
- D. Rotavirus

Answer: A. HIV

Explanation: HIV can be transmitted during pregnancy, childbirth, or breastfeeding.

50. Which viral infection often causes fatigue and swollen lymph nodes?

- A. Mononucleosis
- B. Dengue
- C. Influenza
- D. Rabies

Answer: A. Mononucleosis

Explanation: Infectious mononucleosis commonly causes fatigue, fever, and swollen lymph nodes.

51. Which virus is known as a "retrovirus"?

- A. HIV
- B. Influenza virus
- C. Rabies virus
- D. Adenovirus

Answer: A. HIV

Explanation: HIV is a retrovirus because it uses reverse transcriptase to convert RNA into DNA.

52. Which viral infection can cause severe dehydration due to vomiting and diarrhea?

- A. Norovirus
- B. HPV
- C. Rabies
- D. Mumps

Answer: A. Norovirus

Explanation: Norovirus infections can lead to rapid fluid loss.

53. Which virus can remain latent in nerve cells?

- A. Herpes simplex virus
- B. Rotavirus
- C. Hepatitis A virus
- D. Rhinovirus

Answer: A. Herpes simplex virus

Explanation: Herpes viruses can stay dormant in nerves and reactivate later.

54. Which viral disease is transmitted through contaminated needles?

- A. Hepatitis B
- B. Measles
- C. Influenza
- D. Rubella

Answer: A. Hepatitis B

Explanation: Hepatitis B can spread through infected blood and needles.

55. Which virus causes severe acute respiratory syndrome (SARS)?

- A. SARS coronavirus
- B. HIV
- C. Dengue virus
- D. Rotavirus

Answer: A. SARS coronavirus

Explanation: SARS is caused by a coronavirus closely related to SARS-CoV-2.

56. Which disease is prevented by the oral polio vaccine?

- A. Measles
- B. Polio
- C. Rabies
- D. Dengue

Answer: B. Polio

Explanation: The oral polio vaccine protects against poliovirus infection.

57. Which virus can spread through contaminated food prepared by infected individuals?

- A. Norovirus
- B. HIV C. Hepatitis C virus
- D. Rabies virus

Answer: A. Norovirus

Explanation: Norovirus spreads easily through contaminated food and surfaces.

58. Which symptom is characteristic of rabies infection?

- A. Hydrophobia
- B. Skin peeling
- C. Blindness
- D. Hair growth

Answer: A. Hydrophobia

Explanation: Rabies can cause painful throat spasms leading to fear of water.

59. Which virus is spread by ticks?

- A. Powassan virus
- B. HIV
- C. HPV
- D. Rotavirus

Answer: A. Powassan virus

Explanation: Powassan virus is transmitted through tick bites.

60. Which viral infection can cause pneumonia?

- A. Influenza
- B. HPV
- C. Mumps
- D. Warts

Answer: A. Influenza

Explanation: Influenza can lead to serious lung infections including pneumonia.

61. Which virus causes AIDS?

- A. HIV

- B. Measles virus
- C. Rabies virus
- D. Rotavirus

Answer: A. HIV

Explanation: HIV weakens the immune system and may progress to AIDS.

62. Which viral infection can be prevented with safe sex practices?

- A. HPV
- B. Influenza
- C. Chickenpox
- D. Measles

Answer: A. HPV

Explanation: Condom use and vaccination help reduce HPV transmission.

63. Which virus can cause liver cirrhosis over time?

- A. Hepatitis C virus
- B. Rhinovirus
- C. Adenovirus D. Norovirus

Answer: A. Hepatitis C virus

Explanation: Chronic hepatitis C can damage the liver and cause cirrhosis.

64. Which viral disease often produces Koplik spots?

- A. Measles
- B. Influenza
- C. Rabies
- D. Dengue

Answer: A. Measles

Explanation: Koplik spots are small white lesions seen in measles patients.

65. Which virus is commonly associated with conjunctivitis?

- A. Adenovirus
- B. HIV
- C. Rabies virus
- D. Hepatitis B virus

Answer: A. Adenovirus

Explanation: Adenoviruses can cause eye infections such as conjunctivitis.

66. Which viral infection is commonly called "the flu"?

- A. Influenza
- B. Hepatitis
- C. Dengue
- D. Polio

Answer: A. Influenza

Explanation: Influenza is commonly known as the flu.

67. Which virus can cross the placenta and affect a fetus?

- A. Rubella virus
- B. Rhinovirus
- C. Rotavirus
- D. Norovirus

Answer: A. Rubella virus

Explanation: Rubella infection during pregnancy can harm fetal development.

68. Which viral disease can cause severe muscle and joint pain?

- A. Dengue fever
- B. Rabies
- C. Mononucleosis
- D. Chickenpox

Answer: A. Dengue fever

Explanation: Dengue is sometimes called “breakbone fever” because of severe pain.

69. Which virus infects and destroys immune cells?

- A. HIV
- B. Rhinovirus
- C. Rotavirus
- D. Norovirus

Answer: A. HIV

Explanation: HIV primarily targets CD4 T lymphocytes.

70. Which viral infection often causes blister-like skin lesions?

- A. Chickenpox
- B. Influenza
- C. Hepatitis A
- D. Polio

Answer: A. Chickenpox

Explanation: Chickenpox typically causes itchy, fluid-filled blisters.

71. Which virus can spread through organ transplantation?

- A. Cytomegalovirus
- B. Measles virus
- C. Rhinovirus
- D. Norovirus

Answer: A. Cytomegalovirus

Explanation: CMV may be transmitted through transplanted organs.

72. Which viral infection has a vaccine that helps prevent liver disease?

- A. Hepatitis B
- B. Rhinovirus
- C. Adenovirus
- D. Rotavirus

Answer: A. Hepatitis B

Explanation: The hepatitis B vaccine prevents infection and liver complications.

73. Which virus causes seasonal outbreaks every year?

- A. Influenza virus
- B. Rabies virus
- C. HIV
- D. Ebola virus

Answer: A. Influenza virus

Explanation: Influenza viruses commonly circulate during seasonal epidemics.

74. Which viral infection can cause meningitis?

- A. Enterovirus infection
- B. Osteoarthritis
- C. Diabetes

D. Hypertension

Answer: A. Enterovirus infection

Explanation: Certain enteroviruses can inflame the membranes surrounding the brain and spinal cord.

75. Which virus was eradicated globally through vaccination?

- A. Smallpox virus
- B. HIV
- C. Influenza virus
- D. Rabies virus

Answer: A. Smallpox virus

Explanation: Smallpox became the first human disease eradicated through vaccination.

76. Which viral infection may cause chronic liver infection?

- A. Hepatitis B
- B. Rhinovirus
- C. Rotavirus
- D. Norovirus

Answer: A. Hepatitis B

Explanation: Hepatitis B can become chronic and lead to long-term liver disease.

77. Which virus is linked to Kaposi sarcoma in immunocompromised patients?

- A. Human herpesvirus 8
- B. Poliovirus
- C. Influenza virus
- D. Adenovirus

Answer: A. Human herpesvirus 8

Explanation: HHV-8 is associated with Kaposi sarcoma, especially in AIDS patients.

78. Which viral disease can spread rapidly in crowded settings?

- A. Measles
- B. Rabies
- C. Hepatitis
- C D. Dengue

Answer: A. Measles

Explanation: Measles is highly contagious and spreads easily through the air.

79. Which virus causes respiratory syncytial virus infection?

- A. RSV
- B. HIV
- C. HPV
- D. Ebola virus

Answer: A. RSV

Explanation: Respiratory syncytial virus causes respiratory illness, especially in infants.

80. Which viral infection often causes barking cough in children?

- A. Croup
- B. Hepatitis B
- C. Rabies
- D. Polio

Answer: A. Croup

Explanation: Viral croup causes swelling of the airway and a characteristic barking cough.

81. Which virus is associated with oral and genital lesions?

- A. Herpes simplex virus
- B. Rhinovirus
- C. Rotavirus
- D. Adenovirus

Answer: A. Herpes simplex virus

Explanation: HSV can cause both oral and genital sores.

82. Which viral infection is commonly diagnosed using PCR testing?

- A. COVID-19
- B. Osteoporosis
- C. Arthritis
- D. Hypertension

Answer: A. COVID-19

Explanation: PCR tests detect viral genetic material and are widely used for COVID-19 diagnosis.

83. Which virus causes yellow fever?

- A. Yellow fever virus
- B. HIV
- C. Rotavirus
- D. Norovirus

Answer: A. Yellow fever virus

Explanation: Yellow fever is a mosquito-borne viral disease.

84. Which viral infection can lead to chronic fatigue after recovery?

- A. Mononucleosis
- B. Influenza
- C. Common cold
- D. Warts

Answer: A. Mononucleosis

Explanation: Some people experience prolonged fatigue after Epstein-Barr virus infection.

85. Which virus is responsible for most cases of cervical dysplasia?

- A. HPV
- B. Influenza virus
- C. Poliovirus
- D. Adenovirus

Answer: A. HPV

Explanation: High-risk HPV strains can cause abnormal cervical cell changes.

86. Which viral infection is often associated with outbreaks on cruise ships?

- A. Norovirus
- B. Rabies
- C. Hepatitis B
- D. Dengue

Answer: A. Norovirus

Explanation: Norovirus spreads rapidly in enclosed environments such as cruise ships.

87. Which virus can be transmitted through unprotected sex and blood exposure?

- A. HIV

- B. Rhinovirus
- C. Adenovirus
- D. Rotavirus

Answer: A. HIV

Explanation: HIV spreads through infected body fluids.

88. Which viral disease often begins with fever, cough, and sore throat?

- A. Influenza
- B. Hepatitis C
- C. Rabies
- D. Polio

Answer: A. Influenza

Explanation: Influenza commonly presents with respiratory symptoms and fever.

89. Which virus causes acute gastroenteritis in children and adults?

- A. Norovirus
- B. HIV
- C. Measles virus
- D. Hepatitis B virus

Answer: A. Norovirus

Explanation: Norovirus is a leading cause of viral gastroenteritis.

90. Which viral infection can cause a "slapped cheek" rash in children?

- A. Parvovirus B19 infection
- B. Rabies
- C. Dengue
- D. Hepatitis A

Answer: A. Parvovirus B19 infection

Explanation: Fifth disease caused by parvovirus B19 often produces bright red cheeks.

91. Which virus can infect both humans and animals?

- A. Rabies virus
- B. Rotavirus
- C. Rhinovirus
- D. Norovirus

Answer: A. Rabies virus

Explanation: Rabies is a zoonotic virus that infects many mammals.

92. Which viral infection is commonly prevented by avoiding mosquito bites?

- A. Dengue
- B. Influenza
- C. Mumps
- D. Polio

Answer: A. Dengue

Explanation: Preventing mosquito exposure helps reduce dengue transmission.

93. Which virus can cause liver inflammation and is spread sexually?

- A. Hepatitis B virus
- B. Rhinovirus
- C. Rotavirus
- D. Adenovirus

Answer: A. Hepatitis B virus

Explanation: Hepatitis B spreads through body fluids and affects the liver.

94. Which viral disease is considered highly contagious?

- A. Measles
- B. Diabetes
- C. Osteoporosis
- D. Arthritis

Answer: A. Measles

Explanation: Measles is one of the most contagious infectious diseases.

95. Which virus causes Middle East Respiratory Syndrome (MERS)?

- A. MERS coronavirus
- B. HIV
- C. HPV
- D. Poliovirus

Answer: A. MERS coronavirus

Explanation: MERS is caused by a coronavirus first identified in the Middle East.

96. Which viral infection commonly affects young children and causes fever with rash?

- A. Roseola
- B. Rabies
- C. Hepatitis C
- D. Dengue

Answer: A. Roseola

Explanation: Roseola is a common childhood viral illness caused by human herpesvirus 6.

97. Which virus can mutate rapidly, requiring updated vaccines?

- A. Influenza virus
- B. Rabies virus
- C. Adenovirus
- D. Rotavirus

Answer: A. Influenza virus

Explanation: Influenza viruses frequently change through mutation.

98. Which viral infection can be reduced by vaccination before exposure?

- A. Rabies
- B. Osteoarthritis
- C. Hypertension
- D. Diabetes

Answer: A. Rabies

Explanation: Rabies vaccination is recommended for people at high risk of exposure.

99. Which virus can trigger outbreaks in hospitals and nursing homes?

- A. Norovirus
- B. HPV
- C. Hepatitis C virus
- D. Rabies virus

Answer: A. Norovirus

Explanation: Norovirus spreads easily in healthcare and long-term care settings.

100. Which is the best general method to reduce the spread of many viral infections?

- A. Ignoring symptoms
- B. Frequent handwashing and vaccination
- C. Sharing personal items
- D. Avoiding exercise

Answer: B. Frequent handwashing and vaccination

Explanation: Good hygiene and vaccines are among the most effective ways to prevent viral infections.