

Equaleasy - the quiz



1.

In order to clear the nasal airways, you would preferably inhale:

- ☐ A. A medicinal solution
- ☐ B. Sea water

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2.

Clearing earwax plugs: what should I do NOT?

- ☐ A. Use ear drops
- ☐ B. Try to clear the duct mechanically by myself

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3.

Nasal sprays...

- ☐ A. They have no major contraindications
- ☐ B. The short-lasting effect exposes one to reverse blocks

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4.

Orally administered decongestants (ephedrine, etc.)

- ☐ A. They are safer than sprays
- ☐ B. They can induce drowsiness, dizziness, and increased blood pressure

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5.

Is the old remedy of rinsing the ear canal with alcohol and vinegar, after diving rich in plankton or bacteria waters, still valid?

- ☐ A. It is still useful
- ☐ B. It turned out to be dangerous

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