

# Equaleasy - the quiz



1.  
In order to clear the nasal airways, you would preferably inhale:
  - ☐ A. A medicinal solution
  - ☐ B. Sea water
  - ☒ None
2.  
Clearing earwax plugs: what should I do NOT?
  - ☐ A. Use ear drops
  - ☐ B. Try to clear the duct mechanically by myself
  - ☒ None
3.  
Nasal sprays...
  - ☐ A. They have no major contraindications
  - ☐ B. The short-lasting effect exposes one to reverse blocks
  - ☒ None
4.  
Orally administered decongestants (ephedrine, etc.)
  - ☐ A. They are safer than sprays
  - ☐ B. They can induce drowsiness, dizziness, and increased blood pressure
  - ☒ None
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
  - ☒ None