

# Europe's 2026 Health Landscape: Long COVID, Digital Threats, and Viral Wellbeing

European Health · Practice Test · 10 Questions

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**1. Germany has launched a significant ten-year initiative starting in 2026 focused on advancing research for post-infectious diseases. What is the allocated budget for this "National Decade Against Post-Infectious Diseases" over its duration?**

- A) EUR100 million
- B) EUR250 million
- C) EUR500 million
- D) EUR1 billion

**2. The European Centre for Disease Prevention and Control (ECDC) regularly issues bulletins on active public health threats. In its report for April 12-18, 2026 (Week 16), which of the following diseases was NOT specifically highlighted as an update, alongside respiratory virus epidemiology, measles, and Zika?**

- A) Chikungunya
- B) Hepatitis A
- C) Zika
- D) Measles

**3. A 2026 World Happiness Report highlighted that excessive social media use is causing unhappiness among young people, particularly in certain regions. Which platforms were identified as being worse for mental health due to their algorithm-driven scrolling and influencer content, compared to those prioritizing social connection?**

- A) Facebook and WhatsApp
- B) Instagram and TikTok
- C) LinkedIn and X (formerly Twitter)
- D) Reddit and Discord

**4. The EU-funded "Long Covid" project aims to develop tools for physicians. What advanced technology is a key component in the prediction tool being developed to forecast Long COVID and its manifestations?**

- A) Blockchain technology
- B) Quantum computing
- C) Machine learning and AI
- D) Virtual reality simulations

**5. The European Partnership for Pandemic Preparedness, named 'BE READY,' officially began its activities in early 2026. What is the total funding mobilized for its first three-year phase, jointly provided by the European Union and participating national partners?**

- A) EUR50 million
- B) EUR118 million
- C) EUR150 million
- D) EUR200 million

**6. The Digital Services Act (DSA) is being examined for its potential to combat mental harms associated with social media. Which of the following is NOT identified as a 'mental good' that Very Large Online Platforms' providers are obligated to assess and mitigate risks for under the DSA?**

- A) Mental well-being of individuals
- B) Mental health as a component of public health
- C) Cognitive capacity for critical thinking
- D) The fundamental right to mental integrity

**7. In 2026, the WHO is emphasizing a 'One Health' approach to tackle emerging infectious diseases. This approach recognizes the interconnection between people, animals, plants, and their shared environment. Which of the following is a primary focus of the EU4Health funding for setting up coordinated surveillance systems under this approach?**

- A) Non-communicable diseases
- B) Cross-border (zoonotic) pathogens
- C) Rare genetic disorders
- D) Antimicrobial resistance in agricultural settings

**8. The 2026 Europe report from The Lancet Countdown on health and climate change highlights an increase in heat-related deaths. What was the average annual rise in deaths per million inhabitants due to heat exposure compared to the 1991-2000 period?**

- A) 15 deaths per million
- B) 32 deaths per million
- C) 52 deaths per million
- D) 75 deaths per million

**9. A significant EU4Health investment of EUR30 million was announced in 2026 to strengthen the global response to a major health threat. Which threat is this funding primarily aimed at addressing through the development of medical countermeasures?**

- A) Viral hemorrhagic fevers
- B) Antimicrobial Resistance (AMR)
- C) Emerging respiratory pathogens
- D) Vector-borne diseases

**10. The 'Culture and Health' initiative, supported by the EU Work Plan for Culture 2023-2026, confirms that participation in cultural and creative activities is a positive health behavior. Which of the following is NOT listed as a benefit of these activities according to the Open Method of Coordination (OMC) Group report?**

- A) Health promotion
- B) Disease prevention
- C) Cosmetic enhancement
- D) Social inclusion