

Germ Busters!

Epidemiology · Practice Test · 20 Questions

1. What do we wash off our hands with soap and water to help us stay healthy?

- A) Sparkles
- B) Germs
- C) Rainbows
- D) Toys

2. When someone coughs or sneezes, tiny droplets that can carry germs fly into the air. What should you do to cover your mouth?

- A) Cover with your hands
- B) Cover with your elbow
- C) Cover with your feet
- D) Cover with your head

3. Germs are very small, so we can't see them without a special tool called a microscope. What are germs like?

- A) Big monsters
- B) Tiny living things
- C) Fairy dust
- D) Bouncing balls

4. If you have a cold, what can help your body fight off the germs and feel better?

- A) Eating lots of candy
- B) Getting lots of sleep and drinking water
- C) Playing video games all day
- D) Staying up late

5. When lots of people in a town get sick with the same illness at the same time, it's called an ____.

- A) A party
- B) An outbreak
- C) A parade
- D) A sleepover

6. To stop germs from spreading, it's a good idea to avoid touching your ____ with unwashed hands.

- A) Shoes
- B) Ears
- C) Eyes, nose, and mouth
- D) Backpack

7. What is something important we do to clean our hands when soap and water are not available?

- A) Rubbing them on our clothes
- B) Using a special hand sanitizer
- C) Wiping them on a tissue
- D) Blowing on them

8. Eating healthy foods like fruits and vegetables helps your body to be strong and fight off ____.

- A) Happy thoughts
- B) Germs
- C) Laughter
- D) Sunshine

9. If your friend is sick, what is a good way to show you care without spreading germs?

- A) Giving them a big hug
- B) Sharing your toys with them
- C) Waving and smiling from a distance
- D) Sneezing on them

10. When we get a shot from a doctor, it can help our body build defenses against certain ____.

- A) Silly jokes
- B) Diseases
- C) Songs
- D) Stories

11. Germs can spread easily on things that many people touch, like door knobs and toys. What should we do to these things sometimes?

- A) Decorate them
- B) Clean them
- C) Hide them
- D) Paint them

12. What is a common symptom of a cold or flu that makes you feel sick?

- A) Feeling super energetic
- B) Having a runny nose
- C) Wanting to sing loudly
- D) Needing to dance

13. When we are sick, it's best to stay home from school to avoid sharing our _____ with our friends.

- A) Snacks
- B) Germs
- C) Pencil cases
- D) Lunch boxes

14. Brushing your teeth helps to keep your mouth clean and free from _____.

- A) Sugar bugs
- B) Dreams
- C) Imagination
- D) Friendship

15. What is one of the best ways to stop germs from making us sick?

- A) Eating only cookies
- B) Washing our hands often
- C) Wearing a superhero cape
- D) Jumping up and down

16. Sometimes, doctors give special medicine to help fight off _____ that are making us very sick.

- A) Happy feelings
- B) Bad germs
- C) Exciting games
- D) Sunny days

17. When you sneeze, what should you try to catch the germs with?

- A) Your open hands
- B) A paper tissue or your elbow
- C) Your hair
- D) Your shoes

18. If you have a fever, it means your body temperature is _____.

- A) Too cold
- B) Too high
- C) Just right
- D) Wobbly

19. Sharing food or drinks can easily spread ____.

- A) Hugs
- B) Germs
- C) High-fives
- D) Smiles

20. What helps to make our bodies strong so they can fight off sickness?

- A) Sitting still all day
- B) Eating healthy food and exercising
- C) Watching cartoons all day
- D) Sleeping in late every day