

Understanding Germs and Health

Epidemiology · Practice Test · 15 Questions

1. What is the name for tiny living things, like bacteria and viruses, that can make us sick?

- A) Vitamins
- B) Germs
- C) Minerals
- D) Proteins

2. When many people in a town or country get sick with the same disease at the same time, what is it called?

- A) A cure
- B) An epidemic
- C) A holiday
- D) A vacation

3. What is one of the best ways to stop germs from spreading on your hands?

- A) Rubbing your hands on your clothes
- B) Washing your hands with soap and water
- C) Blowing your nose loudly
- D) Shaking hands with others

4. What do doctors give people to help their bodies fight off certain diseases, like the flu?

- A) Candy
- B) Medicine
- C) Vaccines
- D) Water

5. If someone is coughing or sneezing, what should they do to help stop germs from spreading?

- A) Cough into their hands
- B) Sneeze into the air
- C) Cover their mouth and nose with a tissue or their elbow
- D) Keep coughing loudly

6. What do we call the study of how diseases spread among people and how to control them?

- A) Astronomy
- B) Geology
- C) Biology
- D) Epidemiology

7. What are some foods that can help keep your body strong and healthy to fight off germs?

- A) Sweets and lollies
- B) Fruits and vegetables
- C) Chips and crisps
- D) Sugary drinks

8. When you have a cold or the flu, it's important to get enough of what to help your body heal?

- A) Screen time
- B) Sleep
- C) Video games
- D) Running around

9. What is a place where germs can easily spread if people are not careful?

- A) A library
- B) A playground
- C) A swimming pool
- D) A quiet park

10. What is a disease that can be passed from one person to another?

- A) A broken bone
- B) A contagious disease
- C) A sunburn
- D) A bruise

11. What helps create a protective barrier around your body to fight off germs?

- A) Your skin
- B) Your hair
- C) Your fingernails
- D) Your shoes

12. Who are the people who study diseases and try to find ways to prevent them from spreading?

- A) Chefs
- B) Teachers
- C) Epidemiologists
- D) Librarians

13. What is it called when a disease spreads to many parts of the world?

- A) A local outbreak
- B) A pandemic
- C) A small cluster
- D) A forgotten illness

14. Which of these is a good habit to practice to help prevent the spread of germs?

- A) Sharing your toothbrush
- B) Not washing your hands after using the toilet
- C) Using a tissue when you sneeze
- D) Touching your eyes and nose often

15. What is the purpose of wearing a mask to cover your mouth and nose when you are sick?

- A) To look fashionable
- B) To prevent germs from spreading to others
- C) To keep your face warm
- D) To hide your smile