

Natural Disasters and Human Health

Health Science · Answer Key · 15 Questions

1. Which organ is primarily responsible for pumping blood to muscles to help a person flee during a natural disaster?

- A) Lungs
- B) Heart**
- C) Liver
- D) Stomach

2. What is the most common cause of dehydration during a prolonged heatwave disaster?

- A) Excessive sweating**
- B) Lack of movement
- C) Sleeping too much
- D) Eating salty food

3. What body part is most at risk of frostbite during an extreme winter storm?

- A) Stomach
- B) Fingers**
- C) Elbows
- D) Back

4. During a flood, what type of health risk does stagnant water pose to human skin?

- A) Increased vitamin D
- B) Bacterial infections**
- C) Improved circulation
- D) Faster muscle growth

5. What is the human body's natural response to being exposed to extreme cold?

- A) Shivering**
- B) Sweating
- C) Laughing
- D) Stretching

6. Which mineral is essential to replenish after heavy sweating during a natural disaster heat event?

- A) Iron
- B) Calcium
- C) Sodium**
- D) Magnesium

7. What is the primary function of the skin when a person is exposed to intense wildfire smoke?

A) Filtering oxygen

B) Protecting internal organs

C) Producing heat

D) Digesting soot

8. During a natural disaster, which system in the human body releases adrenaline to prepare for 'fight or flight'?

A) Digestive system

B) Nervous system

C) Skeletal system

D) Reproductive system

9. What condition can occur if a person stays in extreme heat for too long without adequate cooling?

A) Heatstroke

B) Frostbite

C) Hypothermia

D) Fracture

10. Which organ can be damaged by inhaling large amounts of ash from a volcanic eruption?

A) Eyes

B) Lungs

C) Ears

D) Bladder

11. Why is clean water critical for the human body during the aftermath of a disaster?

A) To prevent waterborne diseases

B) To increase body temperature

C) To harden bones

D) To grow hair

12. What is the body's natural reaction to a sudden loud noise, such as a thunderclap or explosion during a disaster?

A) The pupils dilate

B) The hair turns white

C) The heart rate increases

D) The skin turns blue

13. Which part of the body helps maintain balance when walking on uneven ground caused by an earthquake?

A) Inner ear

B) Heart

C) Large intestine

D) Pancreas

14. What is the physical effect of a lack of sleep caused by stress during a natural disaster?

A) Increased immune function

B) Decreased focus and cognitive ability

C) Higher bone density

D) Faster nail growth

15. How does the human body primarily regulate its internal temperature when exposed to a heatwave?

A) Evaporative cooling through sweat

B) Rapid sneezing

C) Increased stomach acid

D) Muscle contraction