

Natural Disasters and Human Health

Health Science · Practice Test · 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