

Public Health Essentials

Public Health · Answer Key · 12 Questions

1. What is the primary purpose of a vaccine?

- A) To cure existing viral infections
- B) To train the immune system to fight specific diseases**
- C) To provide vitamins for the body
- D) To improve eyesight

2. Which of the following is considered the most effective way to prevent the spread of germs on hands?

- A) Using hand sanitizer only
- B) Wiping hands on clothing
- C) Washing hands with soap and water**
- D) Rinsing hands with cold water

3. What does the World Health Organization (WHO) define as a state of complete physical, mental, and social well-being?

- A) Health**
- B) Wealth
- C) Fitness
- D) Happiness

4. Which liquid is most essential for the human body to maintain proper hydration and organ function?

- A) Coffee
- B) Soft drinks
- C) Water**
- D) Fruit juice

5. What is the main goal of public health programs like water fluoridation?

- A) To add flavor to tap water
- B) To reduce tooth decay in the population**
- C) To kill all bacteria in the water
- D) To change the color of the water

6. Which of the following is a primary method for preventing the transmission of mosquito-borne illnesses?

- A) Eating spicy food
- B) Sleeping under insecticide-treated nets**
- C) Taking daily naps
- D) Avoiding direct sunlight

7. What is the recommended duration for effective handwashing with soap?

A) 5 seconds

B) 20 seconds

C) 1 minute

D) 5 minutes

8. Which of these is a widely recognized global health agency?

A) World Health Organization

B) International Space Agency

C) Global Food Council

D) United Nations Education Bureau

9. What does 'herd immunity' refer to?

A) The protection of a population from a disease when a high percentage are immune

B) The immunity animals have against human diseases

C) A method of curing illness through diet

D) The ability to recover quickly from a cold

10. Which nutrient is vital for bone health and is often added to milk?

A) Vitamin C

B) Vitamin D

C) Iron

D) Fiber

11. What is the primary health benefit of regular physical activity?

A) Increased height

B) Improved cardiovascular health

C) Faster hair growth

D) Increased appetite

12. What is the main purpose of food labeling laws in public health?

A) To make packaging look colorful

B) To help consumers make informed nutritional choices

C) To hide the price of items

D) To promote specific brand names