Basics of Public Health

Public Health · Practice Test · 8 Questions

1. Which agency of the United Nations is primarily responsible for international public health?

A) World Health Organization (WHO)
B) International Committee of the Red Cross
C) World Bank
D) UNESCO

2. What process heats liquids like milk to a high temperature to destroy harmful bacteria?

A) Freezing
B) Pasteurisation
C) Fermentation
D) Dehydration

3. What mineral is commonly added to public water supplies to help prevent tooth decay?

A) Iron
B) Fluoride
C) Calcium
D) Zinc

4. What does the immune system produce after receiving a vaccine to help fight off future infections?

A) Hormones
B) Antibodies
C) Red blood cells
D) Platelets

5. According to health guidelines, what is the minimum recommended time to wash your hands with soap and water?

A) 5 seconds
B) 10 seconds
C) 20 seconds
D) 60 seconds

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6. Which insect is the primary vector responsible for transmitting malaria to humans?

A) Mosquito
B) Tick
C) Flea
D) Bedbug

7. Historically, sailors avoided getting scurvy by eating citrus fruits high in which vitamin?

A) Vitamin A
B) Vitamin B12
C) Vitamin C
D) Vitamin D

8. What term describes an outbreak of an infectious disease that spreads across many countries worldwide?

A) Endemic
B) Pandemic
C) Epidermic
D) Allergy

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