

Name: _____ Date: _____

Pathogen Patrol: 6th Grade Disease Defense Quiz

Cross-contamination, viral replication, and community immunity — vital concepts for transitioning middle schoolers to identify and mitigate health risks effectively.

1. Which of the following describes a 'vector' in the context of disease transmission?

- A. A type of medicine used to treat bacterial infections
- B. A living organism, like a mosquito, that carries pathogens to humans
- C. A specialized cell in the immune system that eats viruses
- D. The process of a virus making copies of itself inside a host

2. The concept of _____ immunity occurs when a large portion of a community becomes immune to a disease, making its spread unlikely.

- A. Social
- B. Active
- C. Herd
- D. Passive

3. True or False: Antibiotics are the primary treatment for viral infections like the common cold or COVID-19.

- A. True
- B. False

4. Which practice is most effective at preventing the spread of Norovirus in a shared school cafeteria?

- A. Using a dry paper towel to wipe down tables
- B. Wearing extra layers of clothing to stay warm
- C. Vigorous handwashing with soap and water after using the restroom
- D. Drinking plenty of fruit juice to increase sugar levels

5. A _____ is a weakened or inactive part of a particular organism that triggers an immune response within the body.

- A. Vaccine
- B. Antibody
- C. Pathogen
- D. Microbe

6. True or False: Non-communicable diseases, such as asthma or heart disease, cannot be caught from another person.

- A. True
- B. False

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7. Why is it important to complete the full course of a prescribed medicine even if you feel better after two days?

- A. To save money on future doctor visits
- B. To ensure all pathogens are eliminated and prevent drug resistance
- C. To help the medicine taste better over time
- D. To make sure your immune system doesn't get 'lazy'

8. Storing raw 'phyllo' dough or vegetables below raw meat in a refrigerator is a strategy to prevent _____.

- A. Dehydration
- B. Fermentation
- C. Cross-contamination
- D. Over-cooling

9. Which of these is a 'fomite' that could play a role in the spread of a respiratory virus?

- A. A shared doorknob in a public building
- B. The wind blowing through an open window
- C. A person sneezing directly on you
- D. Clear water in a running stream

10. True or False: Chronic stress can weaken the immune system, making a person more susceptible to everyday illnesses.

- A. True
- B. False