

Name: _____ **Date:** _____

Pathogen Patrol: A 10th Grade Disease Prevention Quiz

Sophomores identify transmission vectors and analyze communal health strategies in this versatile formative assessment or bell-ringer activity.

1. Which biological mechanism describes why a 'herd immunity' threshold is necessary in a high school setting?

- A. It eliminates the need for individual white blood cells.
- B. It limits the available hosts, breaking the chain of transmission.
- C. It ensures that bacteria evolve into less harmful forms.
- D. It creates a physical barrier that pathogens cannot cross.

2. True or False: Antibiotics are an effective primary prevention method for seasonal rhinovirus infections.

- A. True
- B. False

3. The ____ route of transmission occurs when a person touches a contaminated surface, like a gym weight, and then touches their face.

- A. indirect contact
- B. vector-borne
- C. vertical
- D. zoonotic

4. Which of these is a non-communicable disease often influenced by long-term lifestyle choices?

- A. Hepatitis A
- B. Tuberculosis
- C. Hypertension
- D. Meningitis

5. To effectively reduce the spread of norovirus in a cafeteria, surfaces should be cleaned with ____ which is more effective than standard soap.

- A. warm water alone
- B. a diluted bleach solution
- C. dry paper towels
- D. scented oils

6. True or False: Using an alcohol-based hand sanitizer is always more effective than washing hands with soap and water.

- A. True
- B. False

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7. Which practice represents a form of 'respiratory etiquette' to prevent droplet transmission?

- A. Wiping sweat with a shared towel
- B. Coughing into the crook of the elbow
- C. Using a finger-bowl before meals
- D. Staying hydrated during soccer practice

8. A student traveling abroad receives a prophylactic treatment to prevent Malaria; this is necessary because Malaria is a _____ disease.

- A. genetic
- B. vector-borne
- C. respiratory
- D. nutritional

9. True or False: Chronic sleep deprivation can lead to a suppressed immune system, making the body more susceptible to infections.

- A. True
- B. False

10. In terms of food hygiene, what is the 'Danger Zone' temperature range where bacterial growth is most rapid?

- A. 0°F to 32°F
- B. 40°F to 140°F
- C. 165°F to 212°F
- D. 250°F and above