

NAME

DATE

MARK THE CORRECT ANSWER WITH AN **X**.

1 What is health?

- a) a state of complete physical, mental and social wellbeing
- b) a state of complete physical and mental wellbeing
- c) to have good physical and mental health

2 When do we call the emergency services?

- a) when we need urgent medical attention
- b) when we need a specialist treatment
- c) when we feel ill

3 What are pathogens?

- a) germs, bacteria and viruses
- b) bacteria, fungi and algae
- c) bacteria, fungi, viruses and protozoa

4 What are the phases of an infection?

- a) infection, asymptomatic period and recovery
- b) infection and convalescence
- c) infection, symptoms and convalescence

5 Treatment is a medical procedure used to...

- a) prevent, cure or alleviate the symptoms of a disease.
- b) cure a disease.
- c) prevent an infection.

6 The vaccinations we are given are recorded on...

- a) an identity card.
- b) a health card.
- c) a vaccination card.

7 How many hours do young people need to sleep every night?

- a) three to four hours
- b) nine to eleven hours
- c) six to eight hours

8 What is the telephone number for the emergency care services in Spain?

- a) 091
- b) 007
- c) 112

9 What does good hygiene help to prevent?

- a) accidents at home
- b) infectious diseases
- c) mental health problems

10 How would you help someone with a minor burn?

- a) Run cold water on the burn and apply pressure.
- b) Wash with alcohol and leave to dry.
- c) Run cold water on the burn and clean it gently.