

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.