Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PREVENTING COMMUNICABLE DISEASES

<https://www.youtube.com/watch?v=EgJcflR_Dic>

Please watch the video and complete the following quiz.

1. The four main strategies for preventing communicable diseases are:
   1. Practicing Good Hygiene
   2. Stay Up to Date on Immunizations
   3. Practice Food Safety
   4. Avoid Risky Behaviors
   5. All of the Above
2. When handling food, it is not important to make sure food is stored at the appropriate temperature.
   1. True
   2. False
3. Using separate utensils and cutting boards is helpful to avoid \_\_\_\_\_\_\_\_\_when preparing food.
   1. Cross Contamination
   2. Cross Pollination
   3. Flavor mixing
   4. Pesticides
4. It is important to stay up to date on immunizations to prevent disease transmission.
   1. True
   2. False
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the best method for preventing disease transmission.
   1. Staying home
   2. Avoiding crowds
   3. Taking Vitamins
   4. Hand Washing
6. An uncovered cough or sneeze can travel up to 100 feet.
   1. True
   2. False
7. Risky behaviors that lead to disease transmission include:
   1. Unprotected sexual contact
   2. Sexual contact with multiple partners
   3. Illegal intravenous drug use
   4. All of the above
8. The body’s immune system is designed to protect us from disease, so we cannot do anything to help prevent us from becoming sick.
   1. True
   2. False
9. It is just fine to store meat and fresh foods in the same container if I plan to prepare them for the same meal.
   1. True
   2. False
10. You should wash your hands with warm water and soap for \_\_\_\_ seconds
    1. 15
    2. 20
    3. 35
    4. 40