

Health & Safety

“Raw milk” refers to milk that has not been:

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A doctor that specializes in treatment of the foot is called what?

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A high school student is most likely to skip which meal?

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A person with acne should only use cosmetics that are:

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A sprain is an injury to what part of the body?

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A triangle that points down is used exclusively for what type of road sign?

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Compulsive need to use a substance is called an:

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Describe binge drinking:

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HIV is the virus that causes AIDS. What does HIV stand for?

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Hot liquids or steam may cause what type of burn?

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How can you find out if an online drug seller is licensed?

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How does one know the “serving size” of a particular food item?

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How many people can safely jump on a trampoline at one time?

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How many teaspoons equal one tablespoon?

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How much alcohol can a pregnant woman safely consume?

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How often should you change your toothbrush?

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How often should you test all the smoke alarms in your house?

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If your hands were frostbitten, why should someone else test the temperature of the water used to rewarm your hands?

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In what general situation do you call 911?

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Name one of the two most common causes of food poisoning:

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Name one way to prevent athlete's foot.

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The complex group of organs and cells that defends the body against infection or disease is known as the:

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The most important safety item to wear when riding a bike is a:

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There are three main steps you can take to control high blood pressure. Name one:

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This helps our bodies to digest food and absorb other nutrients, as well as get rid of waste and cholesterol:

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To treat most swollen joints or muscles, follow the acronym RICE, which stands for:

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What danger is posed by laser pointers?

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What does COBRA continuation health coverage do?

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What is a food desert?

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What is a placebo?

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What is a waterspout?

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What is the goal of food preservatives?

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What is the leading chronic illness of children in the United States, and also the leading cause of school absenteeism?

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What is the name of the federal health insurance program for the elderly and disabled?

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What is the number one cause of lung cancer?

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What is the primary danger of sun tanning?

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What type of products are responsible for most unintentional poisonings?

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When speaking about health care, what does PPO mean?

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When speaking about health, BMI stands for:

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When washing your face every day, you should use what two items?

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Which nutrient is the most important to human health?

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Wisdom teeth are often extracted or pulled because:

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Your pilomotor reflex causes these when you're cold:

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Podiatrist



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Pasteurized



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Oil free; noncomedogenic; proven not to cause closed pores



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Breakfast



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Yield



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Ligament



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Episodic excessive drinking; drinking five or more drinks in an hour for men (4 for women); dangerous drinking



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Addiction



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Scald



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Human Immunodeficiency Virus



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The serving size is on the nutrition facts label, at the top



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Contact your local state board of pharmacy; look for certification or license on their website



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Three



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One



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Every 2-3 months



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None



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Numb hands will not feel the temperature of the water and therefore may be burned



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Every month



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Unsanitary cooking conditions; Improperly cooked food



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In an emergency



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Immune system



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Keep feet clean or dry; don't walk barefoot in public areas; don't wear the same shoes 2 days in a row; use foot anti-perspirant



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Change diet (low-saturated fat, low-salt diets recommended); get exercise; limit your alcohol intake



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Helmet



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rest, ice, compression, elevation



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Fiber



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It allows you to keep your health coverage after losing your job



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They can harm the eye if the laser is aimed into the eye; the startling effect of a bright beam of light can cause accidents



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A nonactive remedy; a pill that does not actually contain medicine; a sugar pill; a false remedy



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An area that lacks access to affordable fruits, vegetables, whole grains, and other foods that make up a healthy diet



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To prevent food from spoiling



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A tornado that forms over water



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Medicare



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Asthma



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Skin cancer



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Smoking



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Preferred Provider Organization



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drugs/ medications



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Mild soap and water



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Body Mass Index



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The mouth is too full; the wisdom teeth are impacted; teeth are trapped beneath the gum tissue by other teeth or bone



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Water



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Goosebumps



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