

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 This extremely rare but highly contagious disease caused a recent epidemic in West Africa:
2 Washing hands before eating, sharing utensils, and covering your cough. Which does not help prevent the spread of the common cold?	3 Name two ways to stop the spread of the common cold:	4 Pathogens trigger what bodily response that sends antibodies to fight illnesses?	5 What federal agency issues travel advisories?	6 Ringworm, Lyme disease, or influenza -- which is not zoonotic?	7 The 1918 pandemic that killed 50 million people worldwide was due to what illness?	8 Name the two main types of stress:
9 Name one of the main reasons teens give in to peer pressure:	10 To be diagnosed with depression you must have symptoms for this many weeks:	11 What is one treatment option for anxiety disorders?	12 Psychotherapy relies on this for relief and progress:	13 What medical field specializes in the treatment of mental health disorders such as anxiety or depression?	14 What energy source does aerobic exercise depend on that anaerobic does not?	15 Are weight training, jumping, and sprinting aerobic or anaerobic?
16 The ability to identify with the thoughts and feelings of others is:	17 High blood pressure is a result of an increase in force against which type of blood vessel?	18 What does the first number in a blood pressure measurement represent?	19 At home you have a kit with water, nonperishable food, medications, blankets, extra batteries, and other items. What kit is this?	20 When two parties compromise on a shared decision, this process is called:	21 Name one thing students should do if they are being cyberbullied?	22 What U.S. agency enforces federal policies about discrimination in the work place?
23 What does diastolic blood pressure measure?	24 In conflict resolution, is the ideal mediator unbiased or opinionated?	25 What type of communication style uses gestures and visual cues rather than speech?	26 Dorms and shared living spaces often ban hot plates, candles, and small kitchen appliances. Why?	27 How often should a carbon monoxide detector be tested?	28 What kind of burn affects only outer layers of skin, causing mild pain and redness?	29 Which federal agency issues emergency preparedness plans:
30 How is BMI calculated?						