

LIFESMARTS SEPTEMBER 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Which international organization goes by the acronym WHO?	2 Adolescents should get 60 minutes of exercise how many times per week?	3 Who is impacted by stress?	4 Exercise increases metabolism, but what happens to your metabolism when you stop?	5 Describe how physical activity is different than exercise:
6 There are eight dimensions of wellness. Name three:	7 How is disease transmitted in a propagated outbreak?	8 Regarding an outbreak, what is a cluster?	9 To prevent contamination, experts recommend that you wash your kitchen towel how often?	10 If you've purchased milk at a grocery store, it's likely that you won't get sick from drinking it, even if it has spoiled. Why?	11 This federal department issues travel advisories to Americans planning to travel abroad:	12 Name the term for a disease that can be transmitted from animals to humans:
13 Which of these is uncommon in someone with COVID 19: Cough, aches, or sneezing?	14 An online pharmacy should request this before selling medicine to you:	15 When discussing OTC medicine, what term describes the amount of the active ingredient in each dose?	16 Which federal government agency determines which medications will be prescription or non-prescription?	17 The component of a medication that creates the medicinal effect is called what?	18 You use this type of medicine for a self-diagnosed condition:	19 This label is found on an OTC medicine package. It describes safe use of the medicine, and provides other information:
20 Which age group reports the highest rates of medication misuse?	21 Which type of rechargeable battery has the highest energy density?	22 The movement of lithium-ions in a battery creates:	23 Portable electrical power is exceptionally safe, without any serious dangers or concerns. True or False?	24 This federal commission works to protect the public from unreasonable risks and develops safety standards for many household products:	25 For safe use, the _____ from the movement of the ions in a lithium ion battery must be controlled.	26 The charge of a battery anode is:
27 What device consists of three parts; a cathode, anode and separator?	28 Dead-bolt locks, smoke detectors, and fire retardant roofing materials – how will these features impact your homeowners insurance premium?	29 WEAs help warn Americans when emergencies strike. What does WEA stand for?	30 Your disaster supply kit should contain enough water, food, and other essentials to last your family how long?			

