МИНИСТЕРСТВО НАУКИ, ВЫСШЕГО ОБРАЗОВАНИЯ И ИННОВАЦИИ КЫРГЫЗСКОЙ РЕСПУБЛИКИ
ОШСКИЙ МЕЖДУНАРОДНЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ

УТВЕРЖДЕНО______
Председатель УМС ОММУ
_______ к.б.н. Орунбаева Б.М.
От 12 сентября 2025г.

РАССМОТРЕННО________
на зеседании кафедры,
протокол № 1 от 10.09 2025г.
Зав.каф.,к.м.н. Абдимомунова Б.Т.

ФОНД ТЕСТОВЫХ ЗАДАНИЙ

Для итогового контроля по дисциплине
«Community medicine»
на 2025-2026 учебный год
Направление: Лечебное дело (GM)
Курс – 2, семестр - 3

Наименование дисциплины	Всего	Кредит	Аудиторные занятия		СРС
			Лекции	Практические	
«Community medicine»	150	5	30	45	75
Количество вопросов	375				

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Ф.И.О. *Подпись*

Ош, 2025

Exam Test

1. What is the main goal of hygiene?
a) To treat diseases
b) +To prevent diseases and maintain health
c) To diagnose infections
d) To improve nutrition

2. The word “hygiene” originates from which language?
a) Latin
b) +Greek
c) French
d) Arabic

3. Who is known as the “Father of Modern Hygiene”?
a) +Max von Pettenkofer
b) Louis Pasteur
c) Robert Koch
d) Hippocrates

4. What does personal hygiene primarily involve?
a) +Daily care of the body and cleanliness habits
b) Keeping the environment clean
c) Medical examinations
d) Food storage

5. Which of the following is an example of environmental hygiene?
a) Brushing teeth
b) Washing hands
c) +Safe waste disposal and clean water supply
d) Physical exercise

6. In which century did hygiene become a recognized scientific discipline?
a) 15th century
b) 17th century
c) +19th century
d) 20th century

7. What is public hygiene mainly concerned with?
a) Individual health only
b) +Health of communities and populations
c) Hospital management
d) Private medical care

8. Which principle of hygiene emphasizes disease prevention?
a) +Preventive principle
b) Therapeutic principle
c) Restorative principle
d) Diagnostic principle

9. What is the function of hygiene in medicine?
a) +To replace medical treatment
b) To prevent diseases before they occur
c) To make medicines
d) To cure chronic diseases

10. Who proved that microorganisms cause many infectious diseases, supporting hygiene measures?
a) Florence Nightingale
b) Max von Pettenkofer
c) +Louis Pasteur
d) Alexander Fleming

11. Which of the following is not a type of hygiene?
a) Personal hygiene
b) Occupational hygiene
c) +Cosmetic hygiene
d) Environmental hygiene

12. Which historical figure improved hospital hygiene and reduced infection rates?
a) +Florence Nightingale
b) Edward Jenner
c) Louis Pasteur
d) Robert Koch

13. What is the first and simplest measure of personal hygiene?
a) +Hand washing
b) Wearing gloves
c) Taking medicine
d) Cleaning floors

14. The principle of sanitation in hygiene refers to:
a) Medical treatment
b) +Maintaining cleanliness of surroundings
c) Biological research
d) Nutrition improvement

15. The ultimate function of hygiene in society is to:
a) Increase population size
b) Replace medical care
c) +Promote public health and longevity
d) Eliminate all diseases completely

16. General hygiene is a science that studies:
a) +The influence of environmental factors on human health and ways to prevent diseases
b) The treatment of infectious diseases
c) The study of anatomy and physiology
d) The preparation of medicines

17. The **main goal** of hygiene is:
a) +To preserve and strengthen human health
b) To cure diseases
c) To increase population size
d) To develop new medicines

18. The **functions of hygiene** include:
a) +Studying health conditions, developing preventive measures, and improving living environments
b) Treating patients in hospitals
c) Controlling laboratory experiments only
d) Monitoring animal populations

19. Hygiene is primarily a **preventive science** because it:
a) +Aims to prevent diseases before they occur
b) Focuses on surgery
c) Studies symptoms of illness
d) Deals only with treatment

20. The **main task of general hygiene** is:
a) +To identify harmful environmental factors and develop methods to eliminate or reduce them
b) To treat infections
c) To teach physical education
d) To conduct medical therapy

21. The **object of study** in hygiene is:
a) +The healthy human and environmental conditions influencing health
b) Only bacteria
c) Human organs
d) Diseased tissues

22. Hygiene differs from clinical medicine because it:
a) +Focuses on prevention rather than treatment
b) Requires surgery
c) Uses only laboratory tests
d) Deals with drug therapy

23. The **methods of hygiene research** include:
a) +Observation, experiment, sanitary inspection, and laboratory analysis
b) Surgery and injections
c) Statistical accounting only
d) Radiography and scanning

24. The **sanitary method** of hygiene is used to:
a) +Evaluate environmental conditions and their impact on health
b) Diagnose diseases
c) Treat patients
d) Produce vaccines

25. The **epidemiological method** helps to:
a) +Study the spread and prevention of diseases in populations
b) Treat individuals
c) Prepare medicines
d) Control animal breeding

26. The **laboratory method** in hygiene allows:
a) +Determining physical, chemical, and biological properties of environmental samples
b) Teaching medical students
c) Diagnosing allergies
d) Measuring body weight

27. The **statistical method** in hygiene is used for:
a) +Analyzing health data and disease patterns
b) Disinfecting objects

c) Measuring temperature
d) Cleaning workplaces

28. Hygiene is closely related to:
a) +Epidemiology, physiology, and environmental sciences
b) History and literature
c) Architecture only
d) Art and culture

29. The **importance of hygiene** in modern society lies in:
a) +Preventing diseases and promoting healthy lifestyles
b) Replacing medical care
c) Increasing the number of hospitals
d) Eliminating all microorganisms

30. The final **goal of general hygiene** is:
a) +To create conditions for maintaining and improving public health
b) To study historical epidemics only
c) To increase population density
d) To promote chemical industries

31. What are physical environmental factors?
a) Biological influences on health
b) Chemical substances in the air
c) +Non-living physical conditions affecting humans
d) Social and cultural effects

32. Which of the following is a physical environmental factor?
a) Water pollution
b) Pathogenic bacteria
c) +Noise
d) Poor nutrition

33. Noise is best defined as:
a) pleasant sound
b) +Unwanted or harmful sound
c) A type of vibration in solids
d) Natural background sound

34. The unit of noise level is measured in:
a) Hertz (Hz)
b) +Decibels (dB)
c) Joules (J)
d) Watts (W)

35. Continuous exposure to high noise levels can cause:
a) Common cold
b) Muscle pain
c) +Hearing loss and stress
d) Better concentration

36. What is considered the safe noise level for humans (according to WHO)?
a) 90 dB
b) +Up to 70 dB

c) 100 dB
d) 50 dB

37. Thermal comfort depends on:
a) Sound level
b) +Air temperature, humidity, and air movement
c) Light intensity
d) Oxygen concentration

38. The optimal room temperature for human comfort is approximately:
a) +18–22°C
b) 10–15°C
c) 25–30°C
d) 5–10°C

39. Long-term exposure to low temperatures can lead to:
a) Fever
b) +Hypothermia
c) Hypertension
d) Skin cancer

40. Long-term exposure to high temperatures can result in:
a) Frostbite
b) +Heat exhaustion or heat stroke
c) Anemia
d) Cold allergies

41. Which of the following is a source of ionizing radiation?
a) Mobile phones
b) Microwaves
c) +X-rays
d) Visible light

42. What is the unit of absorbed radiation dose?
a) Decibel
b) +Gray (Gy)
c) Joule
d) Pascal

43. Ionizing radiation can cause:
a) +DNA damage and increased cancer risk
b) Improved metabolism
c) Stronger bones
d) Better immunity

44. Non-ionizing radiation includes:
a) +Ultraviolet (UV) and infrared radiation
b) Gamma rays
c) X-rays
d) Alpha particles

45. The main principle of radiation protection is:
a) Constant exposure for adaptation
b) Avoiding medical imaging

c) +Time, distance, and shielding
d) Reducing light intensity

46. What are chemical environmental factors?
a) Natural disasters
b) +Substances in the environment that can affect health
c) Physical injuries
d) Biological organisms

47. Which of the following is an example of a chemical pollutant?
a) Noise
b) +Carbon monoxide
c) Ultraviolet light
d) Pollen

48. Air pollution mainly consists of:
a) Dust and humidity
b) +Gases and particulate matter harmful to health
c) Sound waves
d) Electromagnetic radiation

49. Which gas is a major cause of smog in cities?
a) Oxygen (O_2)
b) Nitrogen (N_2)
c) +Nitrogen oxides (NO_x)
d) Helium (He)

50. The main sources of chemical pollutants include:
a) +Industry, transport, and agriculture
b) Rainfall and humidity
c) Forests and oceans
d) Solar radiation

51. Carbon monoxide (CO) is dangerous because:
a) +It prevents oxygen transport in the blood
b) It irritates the skin
c) It increases appetite
d) It strengthens the immune system

52. Lead (Pb) exposure can cause:
a) Better vision
b) +Nervous system damage and anemia
c) Increased growth
d) Improved memory

53. Which of the following chemicals contributes to acid rain?
a) +Sulfur dioxide (SO_2)
b) Carbon dioxide (CO_2)
c) Hydrogen (H_2)
d) Oxygen (O_2)

54. Mercury is especially harmful because it:
a) +Accumulates in the food chain and affects the brain
b) Helps in digestion

c) Strengthens bones
d) Neutralizes toxins

55. Pesticides are used to:
a) Improve water quality
b) +Control pests and insects
c) Increase oxygen levels
d) Reduce noise pollution

56. Overexposure to pesticides can cause:
a) +Poisoning and nervous system disorders
b) Better resistance to disease
c) Stronger immunity
d) Faster metabolism

57. What does the term “bioaccumulation” mean?
a) +Accumulation of toxic chemicals in living organisms over time
b) Rapid removal of toxins from the body
c) Increase in biodiversity
d) Decrease in pollution

58. Water pollution by nitrates is mainly caused by:
a) Airplanes
b) Mining
c) +Excessive use of fertilizers in agriculture
d) Forest fires

59. The safe drinking water should be free from:
a) +Heavy metals and harmful chemicals
b) Air bubbles
c) Minerals
d) Microorganisms only

60. To reduce the impact of chemical pollutants, societies should:
a) +Control emissions and improve waste management
b) Build more factories
c) Increase pesticide use
d) Reduce health monitoring

61. What are biological environmental factors?
a) Climate conditions
b) +Living organisms that can affect human health
c) Noise and temperature
d) Chemical substances

62. Which of the following is a biological factor?
a) Radiation
b) Heavy metals
c) +Bacteria
d) Smoke

63. The study of microorganisms is called:
a) Zoology
b) Botany

c) +Microbiology
d) Ecology

64. Pathogenic microorganisms are those that:
a) +Cause diseases in humans and animals
b) Help digestion
c) Produce oxygen
d) Support plant growth

65. Bacteria, viruses, fungi, and parasites are examples of:
a) +Infectious agents
b) Chemical pollutants
c) Nutrients
d) Hormones

66. Which of the following diseases is caused by bacteria?
a) +Tuberculosis
b) Influenza
c) Malaria
d) Measles

67. Which of the following diseases is caused by a virus?
a) Cholera
b) +Influenza
c) Ringworm
d) Typhoid

68. Vectors are:
a) +Living organisms that transmit infectious agents
b) Microbes that cause food spoilage
c) Non-living pollutants
d) Antibodies in blood

69. The most common vector in tropical regions is:
a) +Mosquito
b) Rat
c) Fly
d) Flea

70. Malaria is transmitted by:
a) +Anopheles mosquito
b) Aedes mosquito
c) Tsetse fly
d) Housefly

71. Which of the following is a vector-borne disease?
a) +Dengue fever
b) Tuberculosis
c) Hepatitis B
d) Tetanus

72. Foodborne infections are usually caused by:
a) +Contaminated food and poor hygiene
b) Radiation

c) Excess sunlight
d) Noise pollution

73. The immune system protects the body by:
a) +Recognizing and destroying infectious agents
b) Producing toxins
c) Increasing body temperature
d) Creating new bacteria

74. Zoonotic diseases are those that:
a) +Are transmitted from animals to humans
b) Are spread only among humans
c) Affect plants only
d) Are caused by chemicals

75. The best way to prevent infections is:
a) +Maintaining good hygiene and vaccination
b) Taking antibiotics daily
c) Avoiding exercise
d) Increasing sugar intake

76. What is the main goal of community hygiene?
a) To improve individual beauty
b) +To protect and promote the health of the entire population
c) To study microorganisms
d) To increase economic production

77. Urban hygiene focuses mainly on:
a) +Sanitary conditions in cities and densely populated areas
b) Forest conservation
c) Rural agriculture
d) Animal breeding

78. Which of the following is a component of community hygiene?
a) Private medical care
b) +Air, water, and soil sanitation
c) Physical training
d) Nutrition only

79. The main sources of air pollution in cities are:
a) +Vehicles, industries, and heating systems
b) Rainfall and snow
c) Forests and parks
d) Oceans and rivers

80. The most harmful air pollutants include:
a) +Carbon monoxide, sulfur dioxide, nitrogen oxides, and particulate matter
b) Oxygen and water vapor
c) Nitrogen and argon
d) Dust and pollen only

81. Smog is formed by the combination of:
a) Oxygen and nitrogen
b) +Smoke and fog containing chemical pollutants

c) Water and air
d) Dust and humidity

82. Clean air is important for:
a) +Healthy respiratory function and general wellbeing
b) Industrial processes
c) Increasing temperature
d) Noise reduction

83. The main sources of water pollution include:
a) +Industrial waste, sewage, and agricultural runoff
b) Wind and dust
c) Trees and plants
d) Atmospheric gases

84. Contaminated water can transmit:
a) +Cholera, typhoid, and hepatitis A
b) Influenza
c) Malaria
d) Tuberculosis

85. The most effective method of ensuring safe drinking water is:
a) +Filtration and disinfection (chlorination or boiling)
b) Storing water in open containers
c) Using rainwater only
d) Adding sugar and salt

86. Soil pollution often results from:
a) +Improper waste disposal and use of chemicals
b) Lack of sunlight
c) Excess oxygen
d) High humidity

87. Polluted soil can affect health by:
a) +Spreading intestinal infections and heavy metal poisoning
b) Improving fertility
c) Preventing erosion
d) Increasing air quality

88. Waste management in urban hygiene involves:
a) +Collction, separation, recycling, and safe disposal of waste
b) Burning all garbage
c) Storing waste in streets
d) Mixing industrial and household waste

89. The main goal of sanitation programs is to:
a) +Prevent disease and promote environmental cleanliness
b) Reduce government spending
c) Increase industrial production
d) Improve aesthetics only

90. The key principle of community hygiene is:
a) +Prevention is better than cure
b) Treatment before prevention

c) Isolation of all sick people
d) Focus on individual health only

91. What is **sanitation**?
a) Treatment of patients in hospitals
b) +The process of maintaining hygienic conditions to protect health
c) The study of microorganisms
d) The recycling of plastic

92. The main goal of **sanitation** is to:
a) Reduce population
b) +Prevent diseases and maintain a clean environment
c) Increase industrial production
d) Improve air temperature

93. Waste management refers to:
a) The burning of garbage
b) +The collection, transportation, recycling, and disposal of waste materials
c) The reuse of food waste only
d) The dumping of waste in open areas

94. Poor sanitation is most closely linked to:
a) +Spread of infectious diseases
b) Stronger immunity
c) Increased food production
d) Better air quality

95. The main **types of waste** include:
a) +Solid, liquid, and gaseous waste
b) Wood and plastic only
c) Air and water
d) Metals only

96. Municipal solid waste (MSW) is produced by:
a) +Households, offices, and businesses
b) Factories only
c) Hospitals only
d) Agriculture only

97. Biomedical waste includes:
a) +Used syringes, bandages, and medical samples
b) Food leftovers
c) Paper and glass
d) Garden waste

98. Which is the **most environment-friendly method** of waste disposal?
a) +Recycling and composting
b) Open dumping
c) Burning without control
d) Deep burial

99. Composting is a process that:
a) +Converts organic waste into fertilizer
b) Produces toxic gases

c) Destroys plastics
d) Melts metals

100. The **three Rs** principle of waste management stands for:
a) +Reduce, Reuse, Recycle
b) Remove, Replace, Restore
c) Rebuild, Repair, Relocate
d) Resist, React, Recover

101. **Hazardous waste** is dangerous because it:
a) +Contains toxic, corrosive, or flammable substances
b) Is biodegradable
c) Can be used as compost
d) Has no health effects

102. **E-waste** refers to:
a) +Discarded electronic devices and parts
b) Hospital waste
c) Chemical waste
d) Food waste

103. **Open dumping** of waste can lead to:
a) +Air, water, and soil pollution
b) Fertile soil
c) Fresh air
d) Reduced disease spread

104. Proper **waste segregation** means:
a) +Separating waste into biodegradable and non-biodegradable categories
b) Mixing all waste together
c) Burning all waste
d) Collecting waste once a month

105. The **main function of sanitation workers** is to:
a) +Maintain cleanliness, collect waste, and prevent disease
b) Operate industrial machinery
c) Supervise hospitals
d) Grow food crops

106. The main goal of **school hygiene** is:
a) To increase academic performance only
b) +To maintain and promote the health of students and staff
c) To build more schools
d) To reduce the number of lessons

107. **Children's hygiene** focuses on:
a) Disease treatment
b) +Physical, mental, and social well-being of children
c) Sports training only
d) Medical research

108. A healthy **school environment** should include:
a) +Clean air, proper lighting, and safe water supply
b) Large buildings only

c) Expensive equipment
d) Many students per classroom

109. **Hand washing** in schools helps prevent:
a) +The spread of infectious diseases
b) Muscle injuries
c) Vision problems
d) Allergies only

110. The **optimal classroom temperature** for children's comfort is:
a) 10–15°C
b) +18–22°C
c) 25–30°C
d) 5–10°C

111. Proper **ventilation** in classrooms is important because:
a) +It provides fresh air and reduces the spread of infection
b) It saves electricity
c) It reduces noise
d) It decorates the room

112. **School furniture** should be:
a) +Appropriate to the child's height and posture
b) The same size for everyone
c) Heavy and large
d) Made only of metal

113. The best way to prevent **eye strain** in children is:
a) +Good lighting and correct reading distance
b) Watching TV daily
c) Using mobile phones often
d) Reading in the dark

114. **Personal hygiene education** in schools should teach:
a) +Handwashing, tooth brushing, and clean clothing
b) Only math and science
c) Cooking and cleaning
d) Exercise routines only

115. **Dental hygiene** for children includes:
a) +Brushing teeth twice a day and visiting a dentist regularly
b) Eating sweets daily
c) Using mouthwash only
d) Avoiding fruits and vegetables

116. **Balanced nutrition** in school meals helps to:
a) +Support growth, learning, and immunity
b) Increase weight only
c) Reduce sleep
d) Replace physical activity

117. Regular **physical activity** at school:
a) +Strengthens muscles and improves circulation
b) Causes fatigue

c) Reduces concentration
d) Increases screen time

118. **School sanitation** includes:
a) +Clean classrooms, toilets, and safe drinking water
b) Only classroom decoration
c) Weekly cleaning only
d) More exams

119. **Mental hygiene** for children means:
a) +Maintaining emotional balance and reducing stress
b) Avoiding all activities
c) Studying all day
d) Sleeping less

120. Teachers play an important role in hygiene by:
a) +Educating students and promoting healthy habits
b) Giving only homework
c) Ignoring health issues
d) Organizing exams only

121. The main goal of **nutrition hygiene** is:
a) +To ensure proper nutrition that maintains health and prevents disease
b) To promote fast food consumption
c) To increase body weight only
d) To avoid all fats and carbohydrates

122. **Rational nutrition** means:
a) +Eating as much as possible
b) Balanced intake of nutrients according to age, activity, and health
c) Consuming only plant foods
d) Following any diet trend

123. The **basic nutrients** needed for the human body are:
a) +Proteins, fats, carbohydrates, vitamins, minerals, and water
b) Only carbohydrates
c) Salt and sugar
d) Fiber and air

124. **Proteins** are mainly needed for:
a) +Growth and tissue repair
b) Energy only
c) Body fat storage
d) Digestion of vitamins

125. **Fats** in the diet are important because they:
a) +Provide energy and help absorb fat-soluble vitamins
b) Are harmful in any amount
c) Cause dehydration
d) Reduce metabolism

126. **Carbohydrates** serve as:
a) +The main source of energy for the body
b) A waste product

c) Structural components of bones
d) Hormones

127. A **balanced diet** should include:
a) +Proper proportions of proteins, fats, carbohydrates, vitamins, and minerals
b) Only proteins and fats
c) Only fruits and vegetables
d) Large portions of any food

128. **Overnutrition** can lead to:
a) +Obesity, diabetes, and cardiovascular diseases
b) Weak immunity
c) Malnutrition
d) Better fitness

129. **Undernutrition** results in:
a) +Growth retardation, anemia, and weakened immunity
b) Weight gain
c) High blood pressure
d) Increased strength

130. **Food hygiene** includes:
a) +Safe preparation, storage, and distribution of food
b) Only eating at restaurants
c) Ignoring expiration dates
d) Adding more salt and sugar

131. The **main cause of foodborne diseases** is:
a) +Consumption of contaminated or improperly stored food
b) Drinking clean water
c) Eating fruits and vegetables
d) Cooking food thoroughly

132. **Perishable foods** should be stored:
a) +In a refrigerator or at low temperature
b) In sunlight
c) At room temperature
d) Near heat sources

133. The most important rule in **food safety** is:
a) +Cleanliness and prevention of contamination
b) Cooking quickly
c) Adding preservatives
d) Avoiding fruits

134. **Hand hygiene** before eating or cooking helps to:
a) +Prevent transmission of microorganisms and food contamination
b) Improve digestion only
c) Make food tastier
d) Increase appetite

135. **Rational nutrition and food safety** together aim to:
a) +Maintain health, prevent disease, and ensure long life
b) Reduce body temperature

c) Avoid exercise
d) Promote overeating

136. **Occupational hygiene** is the science that:
a) +Studies the influence of working conditions on human health and develops preventive measures
b) Treats occupational diseases
c) Focuses on improving salaries
d) Controls workers' attendance

137. The **main goal** of occupational hygiene is:
a) +To protect workers' health and ensure safe working environments
b) To increase working hours
c) To test industrial machines
d) To monitor production rates

138. The **object of study** in occupational hygiene is:
a) +The worker, the work process, and environmental factors at the workplace
b) Only the production equipment
c) Office management
d) Industrial profit

139. **Workplace inspection** in hygiene is carried out to:
a) +Identify harmful and dangerous factors affecting workers' health
b) Control company finances
c) Hire new employees
d) Conduct marketing research

140. The **main stages** of workplace inspection include:
a) +Observation, data collection, measurement of harmful factors, and evaluation of working conditions
b) Interviewing staff about hobbies
c) Repairing machines
d) Writing financial reports

141. Harmful **physical factors** in the workplace include:
a) +Noise, vibration, radiation, and microclimate
b) Viruses and bacteria only
c) Office lighting
d) Company policies

142. Harmful **chemical factors** include:
a) +Toxic gases, vapors, dust, and aerosols
b) Cold air
c) Noise
d) Ultraviolet light only

143. **Biological factors** at work are:
a) +Pathogenic microorganisms and biological materials
b) Electric currents
c) Metal parts
d) Dust and gas

144. **Ergonomic factors** are related to:
a) +Work posture, repetitive movements, and physical load
b) Microbiological contamination

c) Lighting color
d) Air humidity only

145. The purpose of **risk assessment** in occupational hygiene is:
a) +To evaluate and reduce the likelihood of harm to workers' health
b) To improve product quality
c) To check company profits
d) To monitor attendance

146. **Risk assessment** includes three main steps:
a) +Hazard identification, risk evaluation, and risk control
b) Hiring, firing, and training
c) Production, storage, and sales
d) Design, decoration, and cleaning

147. The **preventive principle** in occupational hygiene means:
a) +Eliminating or reducing harmful factors before health problems occur
b) Treating workers after illness
c) Paying bonuses for risk
d) Ignoring small hazards

148. **Personal protective equipment (PPE)** includes:
a) +Gloves, masks, helmets, and goggles
b) Office furniture
c) Medical supplies
d) Cleaning materials

149. **Workplace monitoring** should be carried out:
a) +Regularly, according to sanitary and safety regulations
b) Only after accidents
c) Once every ten years
d) At the request of workers only

150. The **ultimate goal** of occupational hygiene and risk assessment is:
a) +To ensure safe, healthy, and efficient working conditions
b) To increase product prices
c) To expand company size
d) To reduce working breaks

151. **Industrial hygiene** is a branch of hygiene that studies:
a) +The effects of industrial work conditions on human health and methods to prevent occupational diseases
b) The treatment of industrial injuries
c) Economic development of factories
d) Design of industrial machines

152. The **main goal** of industrial hygiene is:
a) +To prevent harmful effects of workplace factors on workers' health
b) To improve production speed
c) To develop industrial technologies
d) To increase company profits

153. Industrial hygiene focuses primarily on:
a) +Prevention and control of occupational hazards

b) Medical treatment
c) Business planning
d) Advertising products

154. The **main groups of hazards** in industrial settings are:
a) +Physical, chemical, biological, ergonomic, and psychosocial
b) Only physical
c) Electrical and magnetic
d) Financial and legal

155. The **hierarchy of hazard control** includes:
a) +Elimination, substitution, engineering controls, administrative controls, and personal protective equipment (PPE)
b) Observation, measurement, and reporting
c) Supervision, control, and punishment
d) Cleaning, painting, and decorating

156. **Elimination** as a control method means:
a) +Completely removing the hazard from the workplace
b) Covering it with protective materials
c) Ignoring minor risks
d) Monitoring after accidents only

157. **Substitution** involves:
a) +Replacing a hazardous substance or process with a safer one
b) Hiring new workers
c) Reducing the number of machines
d) Shortening work hours

158. **Engineering controls** are designed to:
a) +Isolate people from hazards through ventilation, enclosure, or automation
b) Use warning signs only
c) Provide first aid
d) Improve worker morale

159. Examples of **engineering controls** include:
a) +Local exhaust ventilation, soundproofing, and protective barriers
b) Safety training only
c) Wearing uniforms
d) Regular meetings

160. **Administrative controls** reduce risk by:
a) +Changing work schedules, procedures, or practices
b) Buying new machines only
c) Building new facilities
d) Ignoring risk levels

161. **Personal protective equipment (PPE)** is used:
a) +When hazards cannot be eliminated by other means
b) Instead of all other safety measures
c) Only in emergencies
d) For comfort only

162. Examples of **PPE** include:
a) +Respirators, gloves, helmets, goggles, and safety boots
b) Office clothing
c) Cleaning materials
d) Paper masks

163. **Ventilation systems** in industrial hygiene are used to:
a) +Remove harmful gases, dust, and vapors from the workplace
b) Heat the building only
c) Save energy
d) Reduce lighting

164. **Monitoring and evaluation** in industrial hygiene are important for:
a) +Assessing exposure levels and effectiveness of control measures
b) Checking worker attendance
c) Managing production costs
d) Conducting interviews

165. The **final objective** of industrial hygiene is:
a) +To create safe working environments and prevent occupational diseases
b) To increase industrial output
c) To reduce rest breaks
d) To expand workforce size

166. **Epidemiological safety** refers to:
a) +A system of measures aimed at preventing and controlling the spread of infectious diseases
b) Medical treatment of chronic illnesses
c) Environmental pollution monitoring only
d) Psychological safety at work

167. The **main goal** of epidemiological safety is:
a) +To protect public health by reducing the risk of infection transmission
b) To increase hospital construction
c) To produce vaccines for export
d) To treat all diseases in hospitals

168. **Epidemiology** studies:
a) +The patterns, causes, and control of diseases in populations
b) The anatomy of humans
c) The structure of viruses only
d) Individual patient cases only

169. The **epidemiological process** includes:
a) +The source of infection, transmission mechanism, and susceptible host
b) The patient’s diet and lifestyle
c) Only environmental factors
d) Seasonal temperature changes

170. The **source of infection** can be:
a) +A sick person, carrier, animal, or contaminated object
b) Sunlight
c) Fresh air
d) Clean water

171. The **mechanisms of transmission** include:
a) +Airborne, contact, fecal-oral, vector-borne, and blood-borne routes
b) Only direct contact
c) Only sexual contact
d) Emotional communication

172. **Case study analysis** in epidemiology helps to:
a) +Identify sources, routes, and factors of infection spread
b) Replace laboratory testing
c) Measure noise levels
d) Study nutrition habits

173. During an **outbreak investigation**, the first step is:
a) +Verifying the diagnosis and confirming the outbreak
b) Treating all patients immediately
c) Notifying the media
d) Estimating financial costs

174. The **attack rate** in a case study is used to:
a) +Measure how many people become ill in a population at risk
b) Determine the severity of symptoms
c) Evaluate treatment outcomes
d) Study virus structure

175. **Contact tracing** is performed to:
a) +Identify and monitor people who have been in contact with infected individuals
b) Collect financial data
c) Count hospital beds
d) Observe healthy populations only

176. The **incubation period** is:
a) +The time between infection and appearance of symptoms
b) The recovery time
c) The duration of hospitalization
d) The time of vaccination

177. The **epidemiological chain** can be broken by:
a) +Isolating patients, disinfecting environments, and immunizing populations
b) Ignoring hygiene rules
c) Closing schools only
d) Reducing medical staff

178. **Disinfection** aims to:
a) +Destroy pathogens in the environment and prevent further transmission
b) Increase humidity
c) Improve air circulation only
d) Strengthen immunity naturally

179. **Vaccination** contributes to epidemiological safety by:
a) +Developing immunity and preventing disease spread
b) Replacing medical treatment
c) Reducing nutrition needs
d) Eliminating environmental risks

180. The **key principle** of epidemiological safety is:
a) +Prevention, early detection, and rapid response to infectious threats
b) Treatment after outbreaks
c) Focusing only on hospitals
d) Avoiding data collection

181. **Environmental hygiene** studies:
a) +The influence of environmental factors such as air, water, and soil on human health
b) The anatomy of living organisms
c) Industrial development
d) Nutrition and digestion

182. The **main goal** of environmental hygiene is:
a) +To maintain and improve environmental quality to protect public health
b) To clean industrial equipment
c) To promote chemical use
d) To control population density

183. **Water hygiene** focuses on:
a) +Assessing the quality and safety of water for human use and consumption
b) Increasing water production
c) Filtering seawater only
d) Measuring air temperature

184. **Safe drinking water** must be:
a) +Colorless, odorless, tasteless, and free from harmful microorganisms and chemicals
b) Slightly colored and flavored
c) Containing organic waste
d) Heated before every use

185. The **main indicators** of water quality are:
a) +Physical, chemical, and bacteriological indicators
b) Only chemical properties
c) Only temperature and taste
d) Amount of minerals

186. **Physical indicators** of water quality include:
a) +Color, odor, taste, and turbidity
b) Bacteria count
c) Chemical composition
d) Toxicity level

187. **Chemical indicators** include:
a) +pH, hardness, dissolved oxygen, nitrates, and chlorides
b) Temperature and taste
c) Color and odor
d) Air content

188. **Bacteriological testing** of water is done to:
a) +Detect pathogenic microorganisms such as coliforms and E. coli
b) Measure pH only
c) Detect heavy metals
d) Identify oxygen content

189. **Water sampling** for hygiene testing must be:
a) +Taken with sterile equipment and stored under controlled conditions
b) Collected randomly in open containers
c) Taken from standing puddles
d) Transported without labeling

190. **Soil hygiene** examines:
a) +The composition, contamination, and sanitary condition of soil in relation to human health
b) Agricultural productivity only
c) Industrial use of land
d) Geological structures

191. **Soil contamination** can occur from:
a) +Industrial waste, sewage, pesticides, and solid waste
b) Natural rainfall
c) Mountain formation
d) Organic fertilizers only

192. The **main sanitary indicators** of soil quality include:
a) +Presence of organic matter, moisture, pH, and microorganisms
b) Color only
c) Grain size
d) Soil texture

193. **Pathogenic microorganisms** in soil are mainly transmitted through:
a) +Contact with contaminated soil, water, or food
b) Airborne particles only
c) Noise pollution
d) Ultraviolet radiation

194. **Soil testing** is essential for:
a) +Preventing outbreaks of infectious diseases and environmental pollution
b) Improving soil color
c) Increasing land prices
d) Enhancing tourism

195. The **overall aim** of water and soil testing in environmental hygiene is:
a) +To ensure safe living conditions and prevent disease caused by environmental contamination
b) To support industrial growth
c) To build new factories
d) To reduce agricultural costs

196. **Housing hygiene** studies:
a) +The impact of housing and living conditions on human health
b) Construction materials only
c) Interior design trends
d) Urban planning without considering health

197. The **main goal** of housing hygiene is:
a) +To ensure safe, comfortable, and healthy living conditions
b) To increase housing prices
c) To build more houses quickly
d) To improve aesthetics only

198. **Key factors** affecting health in housing include:
a) +Air quality, temperature, lighting, ventilation, noise, and sanitation
b) Furniture style
c) Number of rooms only
d) Location of windows

199. Proper **ventilation** in housing helps to:
a) +Remove pollutants and maintain fresh air indoors
b) Reduce indoor temperature only
c) Increase humidity only
d) Block noise

200. **Optimal indoor temperature** for comfort is:
a) +10–15°C
b) 18–22°C
c) 25–30°C
d) 5–10°C

201. **Lighting in living spaces** should:
a) +Provide sufficient natural and artificial illumination for activities
b) Be dim to save electricity
c) Be uniform in all rooms only
d) Avoid windows

202. **Noise control** in housing is important because:
a) +Excessive noise can cause stress, sleep disturbance, and hearing problems
b) It improves concentration
c) It increases productivity only
d) It reduces energy consumption

203. **Sanitation facilities** in housing include:
a) +Toilets, bathrooms, clean water supply, and waste disposal systems
b) Kitchen decoration only
c) Heating systems
d) Furniture arrangement

204. **Water supply in housing** must be:
a) +Safe, potable, and regularly monitored for contamination
b) Available only in summer
c) Stored in open containers
d) Heated at all times

205. **Indoor air quality** can be affected by:
a) +Smoke, dust, mold, chemicals, and poor ventilation
b) Furniture color
c) Carpet style
d) Wall painting

206. **Overcrowding** in living spaces can lead to:
a) +Spread of infectious diseases and stress
b) Better social skills only
c) Improved heating efficiency
d) Reduced ventilation

207. **Housing inspection** involves:
a) +Evaluating structural safety, sanitation, ventilation, lighting, and environmental risks

b) Counting furniture
c) Measuring taxes
d) Decorating interiors

208. **Pest control** in housing is essential to:
a) +Prevent diseases transmitted by rodents and insects
b) Reduce noise
c) Improve air conditioning
d) Enhance aesthetics

209. **Safe storage of food and water** at home helps to:
a) +Prevent contamination and foodborne diseases
b) Increase electricity use
c) Improve furniture lifespan
d) Reduce household chores

210. The **ultimate aim** of evaluating housing and living conditions is:
a) +To create healthy, safe, and comfortable environments for families
b) To increase real estate value
c) To promote urbanization
d) To save construction costs

211. **Hygiene in emergencies** focuses on:
a) +Preventing disease and maintaining health during disasters and crises
b) Long-term hospital treatment
c) Urban planning only
d) Psychological therapy only

212. The **main goal** of hygiene during natural disasters is:
a) +To prevent outbreaks of infectious diseases and protect vulnerable populations
b) To repair damaged infrastructure
c) To increase productivity
d) To provide luxury accommodations

213. **Common health risks** during emergencies include:
a) +Waterborne, foodborne, and vector-borne diseases
b) Only injuries
c) Noise pollution
d) Chronic diseases only

214. **Safe drinking water** in emergencies can be ensured by:
a) +Boiling, chlorination, or using filtration systems
b) Using any available water
c) Storing water in open containers
d) Drinking untreated rainwater

215. **Sanitation facilities** in disaster areas should include:
a) +Temporary latrines, handwashing stations, and waste disposal systems
b) Only bottled water
c) Personal showers only
d) Closed containers for trash without cleaning

216. **Food safety** in emergencies involves:
a) +Proper storage, cooking, and handling to prevent contamination
b) Eating only dry food
c) Ignoring expiration dates
d) Using open storage without protection

217. **Vector control** is important because:
a) +Mosquitoes, flies, and rodents can spread infectious diseases
b) Vectors improve nutrition
c) Flies help clean waste
d) Rodents reduce stress

218. **Personal hygiene** practices during disasters include:
a) +Handwashing, bathing, safe waste disposal, and clean clothing
b) Eating fast food
c) Avoiding water
d) Using only antiseptics without cleaning

219. **Crowding in shelters** increases the risk of:
a) +Disease transmission
b) Better social interaction only
c) Faster recovery
d) Reduced stress

220. **Waste management** in emergency situations is essential to:
a) +Prevent environmental contamination and disease outbreaks
b) Reduce cost only
c) Build more shelters
d) Store food longer

221. **Disinfection of water and surfaces** helps to:
a) +Eliminate pathogens and prevent infection
b) Improve taste
c) Reduce noise
d) Increase temperature

222. **Health education** in emergency settings focuses on:
a) +Teaching communities about hygiene, safe water, and disease prevention
b) Urban planning
c) Financial aid distribution
d) Providing entertainment

223. **Rapid assessment** in emergencies aims to:
a) +Identify health risks, resources, and priorities for intervention
b) Evaluate long-term economic growth
c) Construct permanent housing only
d) Study climate patterns

224. **Vaccination campaigns** in disaster areas are important for:
a) +Preventing outbreaks of preventable diseases
b) Treating existing injuries
c) Reducing water contamination
d) Rebuilding infrastructure

225. The **ultimate objective** of hygiene during emergencies and natural disasters is:
a) +To protect human health and prevent secondary outbreaks of disease
b) To increase population density
c) To improve architecture
d) To save electricity

226. Which of the following factors most often contributes to skin diseases when personal hygiene is neglected?
a) Excessive use of soap
b) +Infrequent body washing
c) Frequent sun exposure
d) Use of moisturizing cream

227. Why is it important to dry your skin thoroughly after bathing or showering?
a) To avoid irritation from clothing
b) To help the skin absorb lotion faster
c) +To prevent the growth of fungi and bacteria
d) To maintain body temperature

228. Which of the following demonstrates proper personal hygiene?
a) Sharing one towel with the whole family

b) Regularly cleaning your toothbrush and replacing it every 3 months
c) Storing your toothbrush in a closed container filled with water
d) Washing hands only before bed

229. Which hygiene rule is especially important when preparing food?
a) Using perfumed soap
b) Wearing jewelry
c) +Washing hands before and after handling food
d) Using the same cutting board for all foods

230. Which factor most often causes bad breath due to poor hygiene?
a) Frequent consumption of sweets
b) +Not cleaning the tongue and teeth properly
c) Excess vitamin intake
d) Frequent use of mouthwash

231. Why is it important to change bed linen regularly?
a) To improve sleep quality
b) +To prevent the buildup of dust, sweat, and microbes
c) To save water
d) To preserve the fabric's scent

232. How often should you clean or replace your toothbrush?
a) Once a week
b) Every 6 months
c) +Every 3 months or when bristles wear out
d) When it starts to smell

233. Which of the following best describes the importance of personal hygiene for mental health?
a) Improves concentration
b) +Boosts confidence and reduces stress
c) Increases physical strength
d) Decreases appetite

234. What should a person do in case of excessive sweating to prevent skin irritation?
a) Use a lot of perfume
b) Avoid showering
c) +Wear loose cotton clothing and bathe regularly
d) Drink less water

235. Why is it important to clean your ears regularly but avoid sharp objects?
a) To prevent hearing loss
b) +To avoid damaging the eardrum
c) To improve blood circulation
d) To reduce headaches

236. What can happen if antiseptics are used too often without washing hands with water?
a) Skin becomes softer
b) +Skin immunity decreases, dryness and irritation occur
c) Skin protection improves
d) Hands smell better

237. Why should you wash your hands after touching money?
a) To avoid unpleasant odors
b) +To prevent the spread of germs and viruses
c) To protect the bills from damage
d) To keep hands warm

238. What should you do if a rash appears on your skin after using a new soap?
a) Keep using the same soap
b) +Rinse the skin and stop using it
c) Apply perfume
d) Ignore it

239. Why is personal hygiene especially important for teenagers?
a) +Due to rapid growth and hormonal changes
b) Because it is trendy
c) To improve academic performance
d) Because of decreased appetite

240. What should you do to prevent fungal infections when caring for your feet?
a) Wear synthetic socks
b) Avoid washing feet daily
c) +Keep feet dry, change socks and shoes regularly
d) Use shared slippers

241. What is the main goal of sanitary-hygienic monitoring?
a) To improve the design of workplaces
b) +To control and assess environmental factors affecting human health
c) To measure the productivity of workers
d) To increase industrial production

242. Which of the following is a key principle of sanitary-hygienic monitoring?
a) Random and unsystematic sampling
b) +Continuous and systematic observation
c) Occasional checks only when problems occur
d) Visual estimation without instruments

243. What is the first step in collecting environmental samples for hygienic analysis?
a) Labeling the sample
b) +Choosing the correct sampling location and method
c) Storing the sample
d) Analyzing the sample in the laboratory

244. What is essential to ensure the reliability of laboratory test results?
a) Collecting samples at night only
b) +Using clean, sterilized containers and proper labeling
c) Mixing different types of samples
d) Collecting samples without documentation

245. How should a water sample for bacteriological analysis be collected?
a) In an open jar without sterilization
b) In a clean bottle with a wide mouth
c) +In a sterile container without touching the inner surface
d) In any available plastic bottle

246. Why is it important to record the date, time, and location during sample collection?
a) For aesthetic documentation
b) +To ensure traceability and accurate interpretation of results
c) To make the report longer
d) To reduce laboratory workload

247. Which environmental factor is *not* commonly monitored in sanitary-hygienic control?
a) Air quality
b) Soil composition
c) Water safety
d) +Personal income level

248. What is the main purpose of air sampling in hygienic monitoring?
a) To determine oxygen levels only
b) +To identify harmful pollutants and dust concentrations
c) To check humidity only
d) To estimate weather changes

249. How should soil samples be collected for sanitary-hygienic testing?
a) From only one surface point
b) +From several spots at different depths and mixed evenly

c) From contaminated areas only
d) Without using gloves or tools

250. Which of the following is an example of a physical indicator in sanitary-hygienic monitoring?
a) Bacterial count
b) +Temperature, humidity, and noise level
c) Chemical residue concentration
d) Number of microbes per unit volume

251. What is the correct method of storing biological samples before laboratory analysis?
a) At high room temperature
b) +In a sealed sterile container under refrigeration
c) In an open environment
d) Wrapped in paper towels

252. Why must sampling tools and containers be sterilized?
a) +To prevent cross-contamination
b) To make them easier to clean later
c) To reduce the cost of analysis
d) To increase sample weight

253. What does the accuracy of hygienic analysis primarily depend on?
a) The number of staff in the lab
b) +The correctness of sampling and handling procedures
c) The design of the laboratory building
d) The appearance of the sample

254. Which of the following samples can be collected to assess air hygiene in a workplace?
a) Water sample from a tap
b) +Wipe sample from surfaces and air filter tests
c) Soil sample from the yard
d) Food sample from the cafeteria

255. What is the main purpose of sanitary-hygienic analysis reports?
a) To present scientific theories
b) +To evaluate collected data and propose corrective measures
c) To promote industrial development
d) To publish in the media

256. What is the primary goal of food production hygiene inspection?
a) To increase production speed
b) +To ensure food safety and prevent contamination
c) To improve the taste of food
d) To reduce packaging costs

257. Which factor is most critical to check during food production inspection?
a) Color of packaging
b) +Cleanliness of equipment and production areas
c) Size of workers' uniforms
d) Number of employees

258. What should be done before entering a food processing area?
a) +Wash hands and wear protective clothing
b) Taste the product
c) Use personal perfumes
d) Bring personal items inside

259. What is the most common source of microbial contamination in food production?
a) Clean air
b) +Food-handling personnel
c) Refrigeration units
d) Packaging materials

260. Which document is essential during a hygiene inspection?
a) Employee time schedule

b) +Sanitary inspection checklist
c) Sales report
d) Delivery invoice

261. What does the term “Critical Control Point (CCP)” refer to?
a) +A stage in production where hazards can be controlled or eliminated
b) A point for checking product taste
c) A marketing checkpoint
d) A place for staff rest

262. Which of the following is NOT an element of Good Manufacturing Practices (GMP)?
a) Proper waste disposal
b) Wearing protective clothing
c) +Using personal jewelry during work
d) Regular equipment sanitation

263. What should inspectors look for when examining food storage areas?
a) Type of shelves only
b) +Temperature control, cleanliness, and pest absence
c) Amount of decorative lighting
d) Number of employees present

264. Why is temperature monitoring important during food production?
a) To improve energy efficiency
b) +To ensure microorganisms do not multiply in unsafe conditions
c) To keep food warm for customers
d) To measure equipment performance

265. What kind of sampling is usually done during a food hygiene inspection?
a) +Random sampling from different production stages
b) Only visual inspection without sampling
c) Sampling from the finished product only
d) Sampling from packaging only

266. Which personal hygiene rule is most important for food handlers?
a) Eating during work
b) +Wearing clean uniforms and hairnets
c) Using strong perfumes
d) Bringing personal belongings into production zones

267. Why must inspection results be documented immediately?
a) To avoid repeating the inspection
b) +To ensure traceability and accountability
c) To make reports look longer
d) To reduce inspector workload

268. What is the correct method for disinfecting food processing surfaces?
a) Use only water
b) +Use approved disinfectants after cleaning
c) Use any available cleaning agent
d) Use soap only

269. What should be checked when inspecting food waste disposal systems?
a) +Whether waste is separated, covered, and removed regularly
b) If waste bins are colorful
c) If waste is mixed with raw materials
d) If waste is stored in open areas

270. What is the main purpose of routine hygiene inspections in food production facilities?
a) To evaluate employee behavior only
b) +To identify hazards, ensure compliance, and prevent foodborne illnesses
c) To check company profits
d) To observe customer feedback

271. What is the main goal of hygiene assessment in sports facilities?
a) To improve athletic performance
b) +To ensure sanitary safety and prevent injuries or infections
c) To increase the number of spectators
d) To save maintenance costs

272. Which factor is most important when assessing the hygiene of a gym or fitness hall?
a) Size of mirrors
b) +Cleanliness, air quality, and ventilation
c) Color of equipment
d) Music volume

273. What is the recommended temperature for indoor sports facilities?
a) 10–12°C
b) 14–16°C
c) +18–20°C
d) 24–26°C

274. Why is proper ventilation important in sports facilities?
a) To reduce noise
b) +To prevent accumulation of carbon dioxide and unpleasant odors
c) To keep equipment dry
d) To regulate light

275. Which of the following hygiene factors affects both health and athletic performance?
a) +Lighting and air quality
b) Type of flooring only
c) Wall color
d) Type of sport uniforms

276. What is a hygienic requirement for locker rooms in sports facilities?
a) +They must be equipped with ventilation and easy-to-clean surfaces
b) They should be small to save space
c) They should be used as storage for equipment
d) They should have carpets

277. Why must showers be included in the design of sports facilities?
a) For athletes to cool down
b) +To ensure personal hygiene and prevent skin infections
c) To decorate the facility
d) To use more water

278. What is the recommended level of lighting in indoor sports halls?
a) 50–100 lux
b) 150–200 lux
c) +300–500 lux
d) 700–1000 lux

279. Which of the following best indicates poor hygienic conditions in a sports facility?
a) Fresh air and clean surfaces
b) +Unpleasant odor, high humidity, and mold on walls
c) Bright lighting and clean floors
d) Proper waste disposal

280. What parameter is most important when assessing outdoor sports fields?
a) Color of benches
b) +Soil drainage and surface evenness
c) Number of trees nearby
d) Distance from the parking lot

281. What is the recommended relative humidity for indoor sports facilities?
a) 20–30%
b) +40–60%

c) 70–80%
d) 90–100%

282. Which of the following should be checked to prevent injuries during sports activities?
a) +Condition of flooring and sports equipment
b) Color of walls
c) Number of mirrors
d) Music type

283. What is the hygienic purpose of periodic inspections of sports facilities?
a) To evaluate athletes' performance
b) +To identify and eliminate sanitary or safety violations
c) To decorate the gym
d) To prepare for competitions only

284. Why is regular cleaning and disinfection of sports equipment necessary?
a) To extend equipment lifespan
b) +To prevent transmission of skin infections and bacteria
c) To make the equipment look new
d) To reduce electricity use

285. What should be included in a hygienic inspection report of a sports facility?
a) Only the list of staff
b) +Data on temperature, humidity, lighting, cleanliness, and safety measures
c) Description of athletes' results
d) Number of spectators

286. Which of the following is an example of a non-communicable disease (NCD)?
a) Influenza
b) +Diabetes mellitus
c) Tuberculosis
d) Measles

287. What is the most effective lifestyle change to prevent cardiovascular diseases?
a) Increasing sugar intake
b) +Regular physical activity and balanced diet
c) Skipping breakfast
d) Drinking more coffee

288. A 45-year-old office worker complains of fatigue, obesity, and high blood pressure. Which prevention strategy is most appropriate?
a) Reduce physical activity and rest more
b) +Begin moderate exercise, control diet, and monitor blood pressure
c) Skip meals to lose weight
d) Take painkillers regularly

289. What is a modifiable risk factor for non-communicable diseases?
a) Age
b) Genetic predisposition
c) +Smoking
d) Family history

290. A patient smokes and has high cholesterol. What should the health educator recommend first?
a) Immediate medication
b) +Lifestyle counseling and smoking cessation support
c) Avoid all exercise
d) Skip medical check-ups

291. Which of the following is the best preventive measure against obesity?
a) Fasting frequently
b) +Maintaining a balanced diet and regular exercise
c) Taking diet pills
d) Skipping dinner

292. A person works at a desk for 8 hours daily and reports back pain. Which preventive action is best?
a) +Use correct posture and take short movement breaks every hour
b) Avoid all physical activity
c) Sit continuously to finish work faster
d) Lie down all day

293. How can hypertension be prevented in a healthy adult?
a) +Reducing salt intake and avoiding alcohol
b) Increasing caffeine consumption
c) Avoiding fruits and vegetables
d) Exercising less

294. A 50-year-old woman has a family history of breast cancer. What preventive action should she take?
a) Avoid medical check-ups
b) +Regular screening and self-examination
c) Stop exercising
d) Take vitamins without consultation

295. What is the main goal of early screening programs for NCDs?
a) To treat infections
b) +To detect diseases at an early, manageable stage
c) To increase hospital visits
d) To replace lifestyle changes

296. Which of the following workplace changes can help prevent non-communicable diseases?
a) Encouraging long sitting hours
b) +Providing healthy food options and wellness programs
c) Increasing work shifts
d) Reducing lunch breaks

297. 30-year-old man reports chronic stress and lack of sleep. What advice is most appropriate?
a) Ignore stress and focus on work
b) +Practice relaxation techniques and maintain sleep hygiene
c) Take sleeping pills daily
d) Avoid physical activity

298. What public health approach is most effective in reducing NCD prevalence?
a) Isolating patients
b) +Promoting healthy behaviors and risk-factor awareness
c) Building more hospitals
d) Banning outdoor exercise

299. Why are non-communicable diseases often called “lifestyle diseases”?
a) +Because they are caused mainly by unhealthy lifestyle behaviors
b) Because they spread easily
c) Because they only occur in athletes
d) Because they are temporary

300. Which community intervention helps prevent NCDs on a population level?
a) +Health education campaigns promoting nutrition and exercise
b) Increasing fast food availability
c) Reducing access to healthcare
d) Encouraging tobacco advertising

301. Which of the following is considered a *modern global challenge* in public health?
a) +Overproduction of crops
b) Climate change and its impact on health
c) Decrease in urban population
d) Lack of medical technology

302. What is one of the biggest challenges in controlling infectious diseases in the 21st century?
a) +Overuse of antibiotics leading to antimicrobial resistance
b) Increased use of herbal medicine

c) Better sanitation systems
d) Reduced air travel

303. A city reports a rise in respiratory illnesses due to air pollution. What public health intervention should be prioritized?
a) Promotion of mask-wearing and reduction of emissions
b) +Building more gyms
c) Increasing car ownership
d) Encouraging indoor smoking

304. What is the main public health concern associated with rapid urbanization?
a) Decrease in literacy rate
b) +Overcrowding, pollution, and lack of sanitation
c) Increase in agricultural production
d) Fewer job opportunities

305. Which factor most complicates global vaccination programs?
a) +Lack of cold chain systems and vaccine misinformation
b) Excessive vaccine funding
c) Too many healthcare workers
d) Decrease in child population

306. What is the most effective approach to combat misinformation during a public health crisis?
a) Restricting all media
b) +Providing clear, transparent, and science-based communication
c) Ignoring false information
d) Using only printed posters

307. A community experiences an increase in obesity and diabetes. Which intervention is most effective at the population level?
a) +Public education on nutrition and physical activity
b) Taxing healthy foods
c) Closing parks and gyms
d) Encouraging longer work hours

308. Which global issue is directly linked to the spread of vector-borne diseases such as dengue or malaria?
a) +Climate change and poor waste management
b) Increased use of vaccines
c) Better housing conditions
d) High literacy rate

309. In case of a pandemic, what is a key public health responsibility?
a) Panic communication
b) +Coordinating surveillance, prevention, and risk communication
c) Closing all hospitals
d) Limiting international cooperation

310. What modern lifestyle factor most contributes to the increase of non-communicable diseases?
a) +Sedentary behavior and unhealthy diet
b) Regular physical activity
c) High fruit consumption
d) Balanced work-rest schedule

311. A rural area lacks access to clean water. Which public health action is most urgent?
a) +Launching safe water supply and sanitation programs
b) Building new schools
c) Introducing new taxes
d) Encouraging bottled water import

312. What modern public health challenge is linked to excessive screen time among youth?
a) Improved attention span
b) Increased physical activity

c) +Eye strain, sleep disorders, and reduced social interaction
d) Enhanced communication skills

313. Which factor most influences global health inequity?
a) +Unequal access to healthcare and education
b) Equal distribution of resources
c) Stable income levels
d) Balanced healthcare systems worldwide

314. How can public health systems strengthen preparedness for future pandemics?
a) +By improving surveillance, data sharing, and emergency response
b) By reducing health education programs
c) By limiting laboratory research
d) By avoiding international collaboration

315. Which of the following best describes a *One Health* approach?
a) Focusing only on human health
b) +Integrating human, animal, and environmental health strategies
c) Concentrating only on hospital treatment
d) Ignoring environmental factors

316. What is the main goal of sanitary-hygienic expertise?
a) To improve product marketing
b) +To assess the safety and compliance of objects, materials, and environments with hygiene standards
c) To increase production speed
d) To analyze product design

317. Which modern method is commonly used for rapid detection of microorganisms in sanitary-hygienic control?
a) Microscopic visual inspection
b) +Polymerase Chain Reaction (PCR)
c) Manual counting
d) Chemical titration only

318. What is the main advantage of using modern laboratory analyzers in hygiene control?
a) They require less skilled personnel
b) +They provide quick, accurate, and automated results
c) They eliminate the need for any human supervision
d) They are cheaper than manual tests

319. Which instrument is used to measure air pollution in indoor environments?
a) Psychrometer
b) +Gas analyzer
c) Lux meter
d) Thermometer

320. What parameter does a *thermo-hygrometer* measure?
a) +Temperature and humidity
b) Airflow speed
c) Dust concentration
d) Air composition

321. What is the purpose of sanitary-hygienic control in food industries?
a) To improve packaging design
b) +To prevent contamination and ensure food safety
c) To increase advertising effectiveness
d) To control production speed

322. Why are biological indicators used during sterilization control?
a) To evaluate temperature stability
b) +To confirm complete destruction of microorganisms
c) To test equipment color
d) To measure air pressure

323. Which modern method is used for water quality monitoring in sanitary expertise?
a) +Chromatography and spectrophotometry
b) Visual estimation only
c) Manual color comparison
d) Evaporation testing

324. What is the purpose of microbiological sampling during hygienic control?
a) To study air humidity
b) +To detect and quantify microorganisms in water, air, or surfaces
c) To determine product temperature
d) To measure sound levels

325. Which device measures noise levels in occupational hygiene assessments?
a) Dosimeter
b) +Sound level meter
c) Anemometer
d) Barometer

326. How does ultraviolet (UV) analysis help in hygienic control?
a) +It detects bacterial contamination on surfaces
b) It measures air humidity
c) It determines noise levels
d) It calculates pH

327. What is the main purpose of environmental sampling in sanitary-hygienic expertise?
a) +To evaluate the safety of water, soil, and air in human surroundings
b) To collect materials for industrial design
c) To study the chemical properties of metals
d) To test the strength of materials

328. Why is computer-based data management important in modern sanitary control?
a) +It allows quick analysis, data storage, and report generation
b) It replaces laboratory procedures entirely
c) It reduces accuracy of testing
d) It limits expert involvement

329. Which modern analytical technique is used for detecting toxic metals in environmental samples?
a) +Atomic absorption spectrometry (AAS)
b) Visual inspection
c) Manual filtration
d) Color comparison with the naked eye

330. What is the key advantage of using modern sanitary-hygienic monitoring systems?
a) +They provide real-time, continuous environmental and health risk assessment
b) They remove the need for human experts
c) They only work indoors
d) They focus solely on chemical analysis

331. Which factor refers to physical environmental factors?
A) Microorganisms
B) +Noise
C) Heavy metals
D) Pesticides

332. Which indicator is used to assess drinking water quality?
A) CO_2 level
B) +Color
C) Dust concentration
D) Noise level

333. What is the main source of ultraviolet radiation for humans?
A) Household appliances
B) +The sun

C) Car headlights
D) LED lamps

334. The main method for preventing waterborne infections is:
A) Room ventilation
B) +Water chlorination
C) UV exposure of the skin
D) Use of respirators

335. Which method is used to monitor the microclimate?
A) +Anemometry
B) Precipitation measurement
C) Densitometry
D) Calorimetry

336. The optimal indoor temperature in classrooms is:
A) 14–16°C
B) 16–18°C
C) +18–22°C
D) 24–26°C

337. Excessive humidity indoors leads to:
A) Increased oxygen concentration
B) +Mold growth
C) Improved heat dissipation
D) Reduced microbial activity

338. Which measure is a part of personal prevention of intestinal infections?
A) Disinsection
B) +Handwashing
C) Water chlorination
D) Sewage control

339. Noise level is measured in:
A) Lux
B) +Decibels
C) Pascals
D) Joules

340. Which factor is a chemical air pollutant?
a) Radon
B) +Carbon dioxide
C) Influenza virus
D) Plant pollen

341. The main goal of sanitary regulation is:
A) Improving the aesthetic state of the environment
B) +Ensuring public health safety
C) Increasing labor productivity
D) Reducing government expenses

342. Which method is used for disinfection of premises?
A) UV irradiation
B) +Air ionization
C) Ultrasound
D) Barotherapy

343. Which factor belongs to biological environmental factors?
A) Vibration
B) +Microbes
C) Radiation
D) Electromagnetic fields

344. The main source of nitrates in the human diet is:

A) Meat
B) +Green vegetables
C) Dairy products
D) Bread

345. Which indicator is used to assess natural lighting?
A) +Daylight Factor (DF)
B) Lactation
C) Systolic pressure
D) Leukocyte index

346. Noise becomes most harmful to hearing above:
A) 20 dB
B) 40 dB
C) +80 dB
D) 120 dB

347. Prevention of occupational diseases in noisy industries includes:
A) Monitoring calorie intake
B) +Using earplugs
C) Increasing physical activity
D) Ventilating rooms

348. Which method is part of sanitary-epidemiological surveillance?
A) +Laboratory testing
B) Cosmetic renovation
C) Career guidance
D) Increasing lighting

349. The illumination coefficient depends on:
A) Number of bacteria in the air
B) +Window area
C) Air humidity
D) Soil chemical composition

350. The following belong to carcinogens:
A) Fluorides
B) +Benzpyrene
C) Nitrates
D) Proteins