



Personal Health Series Germs

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Name:	Date:

QUIZ		
1.	The four major types of germs are	
2.	True or false: Some bacteria are not harmful to people; some are even helpful.	
3.	The single best way to protect yourself from germs, and to avoid spreading germs to other people, is to	
4.	Name four times when it's important to wash your hands:	
5.	True or false: It's OK to eat food if it's on the floor for less than 5 seconds.	
6.	If you have to cough or sneeze, you should cover your mouth and nose with either a or your	
7.	The best way to clean your hands is to wash them with soap and water for seconds.	
8.	Which body system is responsible for fighting germs? a) cardiovascular b) digestive c) endocrine d) immune e) nervous f) respiratory	
9.	True or false: Athlete's foot is a kind of fungus.	

- True or false: Most viruses can't survive very long if they're not inside a host, 10. such as the living cells of things like plants and animals (and people).