



# Health Loksewa Quiz

Mero Healthline

Health Loksewa Model Question

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WhatsApp

# Question 01



*Q* [merohhealthline.com](http://merohhealthline.com)

What is the common name for Rubella?

A) Measles

B) German Measles

C) Whooping Cough

D) Mumps

# Question 02

Which disease is caused by the *\*Yersinia pestis\** bacterium?

A) Cholera

B) Typhoid

C) Plague

D) Leprosy

# Answer 02

Which disease is caused by the *\*Yersinia pestis\** bacterium?

A) Cholera

B) Typhoid

C) Plague

D) Leprosy

*Answer: Plague. This bacterium is transmitted by fleas and causes bubonic, septicemic, and pneumonic plague.*

# Question 03

Parkinson's disease primarily affects which part of the body?

A) Liver

B) Lungs

C) Heart

D) Brain (Nervous System)



# Answer 03

Parkinson's disease primarily affects which part of the body?

A) Liver

B) Lungs

C) Heart

**D) Brain (Nervous System)**



*Answer: Brain (Nervous System). It's a progressive nervous system disorder that affects movement.*

# Question 04

What is the main vector for Dengue fever?

A) Mosquito

B) Tsetse fly

C) Tick

D) Rat flea



# Answer 04

What is the main vector for Dengue fever?

A) Mosquito

B) Tsetse fly

C) Tick

D) Rat flea



**Answer: Mosquito.** The *Aedes aegypti* mosquito is the primary transmitter of the dengue virus.

# Question 05

**Scurvy is caused by a deficiency of which vitamin?**

**A) Vitamin A**

**B) Vitamin B12**

**C) Vitamin C**

**D) Vitamin D**

# Answer 05

Scurvy is caused by a deficiency of which vitamin?

A) Vitamin A

B) Vitamin B12

C) Vitamin C

D) Vitamin D

*Answer: Vitamin C. This deficiency leads to weakness, anemia, gum disease, and skin problems.*

# Question 06

Which of these is a genetic disorder?

A) Influenza

B) Down Syndrome

C) Asthma

D) Rabies

 DNA helix strand

# Answer 06

Which of these is a genetic disorder?

A) Influenza

B) Down Syndrome

C) Asthma

D) Rabies

**Answer: Down Syndrome.** It is a genetic condition caused by an extra full or partial copy of chromosome 21.

DNA helix strand

# Question 07

What does the "M" in "MMR vaccine" stand for?

A) Mumps

B) Mononucleosis

C) Measles

D) Malaria

# Answer 07

What does the "M" in "MMR vaccine" stand for?

A) Mumps

B) Mononucleosis

C) Measles

D) Malaria

**Answer: Measles.** The MMR vaccine protects against Measles, Mumps, and Rubella.



# Question 08

Which disease is characterized by inflammation of the liver?

A) Hepatitis

B) Gastritis

C) Nephritis

D) Arthritis



# Answer 08

Which disease is characterized by inflammation of the liver?

A) Hepatitis

B) Gastritis

C) Nephritis

D) Arthritis

*Answer: Hepatitis. "Hepato-" refers to the liver, and "-itis" means inflammation. It is most commonly caused by viruses.*

# Question 09

What type of pathogen causes Ringworm?

A) Virus

B) Bacterium

C) Prion

D) Fungus

# Answer 09

What type of pathogen causes Ringworm?

A) Virus

B) Bacterium

C) Prion

D) Fungus

*Answer: Fungus. Despite its name, ringworm is a common fungal infection of the skin, not a worm.*

# Question 10

"Lockjaw" is a common name for which disease?

A) Tetanus

B) Rabies

C) Polio

D) Meningitis



# Answer 10



"Lockjaw" is a common name for which disease?

A) Tetanus

B) Rabies

C) Polio

D) Meningitis



**Answer: Tetanus.** It's a bacterial infection that causes painful muscle spasms, often starting with the jaw.

# Question 11

Which of these is an autoimmune disease?

A) Common Cold

B) Rheumatoid Arthritis

C) Athlete's Foot

D) Tuberculosis

# Answer 11

Which of these is an autoimmune disease?

A) Common Cold

B) Rheumatoid Arthritis

C) Athlete's Foot

D) Tuberculosis

*Answer: Rheumatoid Arthritis. This is a condition where the body's immune system mistakenly attacks the joints.*

# Question 12

**What is the most common pathogen that causes the common cold?**

**A) Influenza**

**B) Rhinovirus**

**C) Coronavirus**

**D) Adenovirus**

# Answer 12

What is the most common pathogen that causes the common cold?

A) Influenza

B) Rhinovirus

C) Coronavirus

D) Adenovirus

*Answer: Rhinovirus. Rhinoviruses are the most frequent cause of the common cold, responsible for a large percentage of cases.*

# Question 13

What is the medical term for high blood pressure?

A) Hypotension

B) Hypertension

C) Hyperglycemia

D) Hypoglycemia



# Answer 13

What is the medical term for high blood pressure?

A) Hypotension

**B) Hypertension**

C) Hyperglycemia

D) Hypoglycemia



**Answer: Hypertension.** "Hyper-" means high or excessive, and "tension" refers to pressure.

# Question 14

Rickets is a bone-weakening disease caused by a deficiency of...

A) Calcium

B) Vitamin C

C) Vitamin D

D) Iron



# Answer 14

Rickets is a bone-weakening disease caused by a deficiency of...

A) Calcium

B) Vitamin C

C) Vitamin D

D) Iron

**Answer: Vitamin D.** Vitamin D is essential for the body to absorb calcium and phosphate, which are vital for bone health.



# Question 15

Which disease is transmitted by the Tsetse fly?

A) Malaria

B) Lyme Disease

C) Sleeping Sickness

D) Yellow Fever

# Answer 15

Which disease is transmitted by the Tsetse fly?

A) Malaria

B) Lyme Disease

C) Sleeping Sickness

D) Yellow Fever

*Answer: Sleeping Sickness. Also known as African Trypanosomiasis, it's a parasitic disease.*

# Question 16

**Rabies is a viral disease that primarily affects...**

**A) The respiratory system**

**B) The digestive system**

**C) The central nervous system**

**D) The skin**

# Answer 16

**Rabies is a viral disease that primarily affects...**

A) The respiratory system

B) The digestive system

**C) The central nervous system**

D) The skin

***Answer: The central nervous system.** The virus travels from the bite site to the brain, where it causes fatal inflammation.*

# Question 17

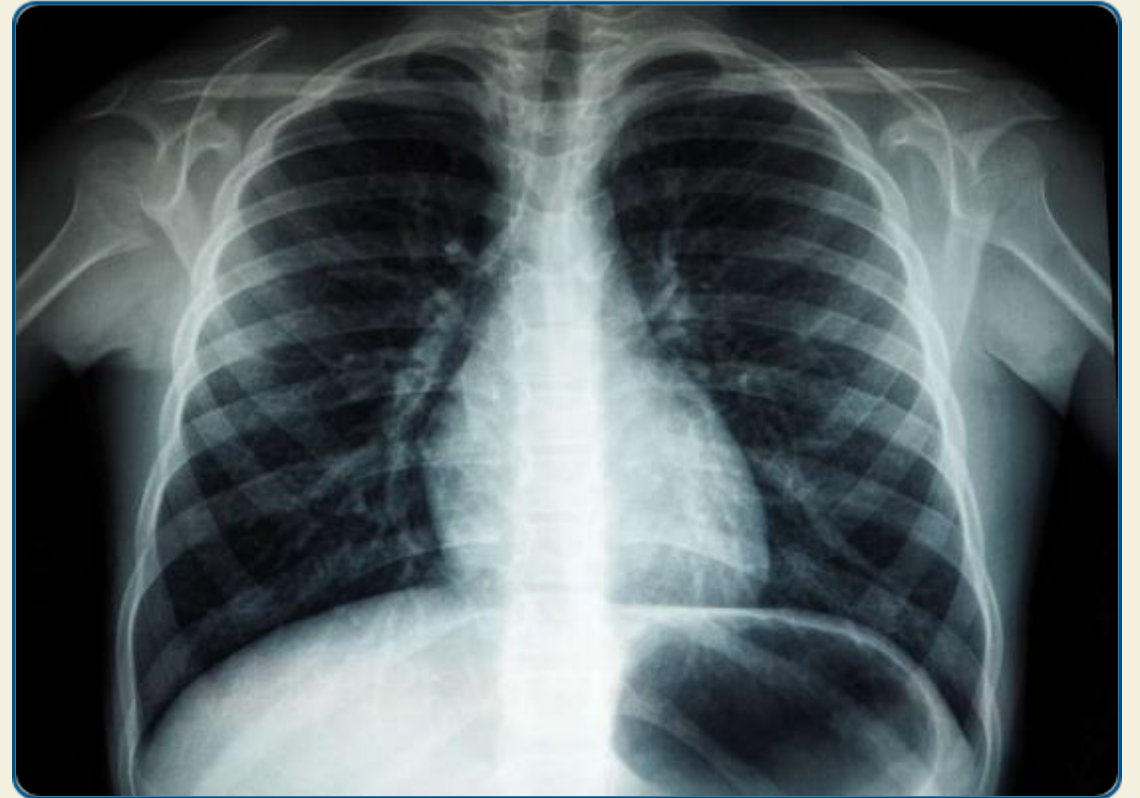
What is the primary organ affected by Tuberculosis?

A) Heart

B) Lungs

C) Kidneys

D) Liver



# Answer 17

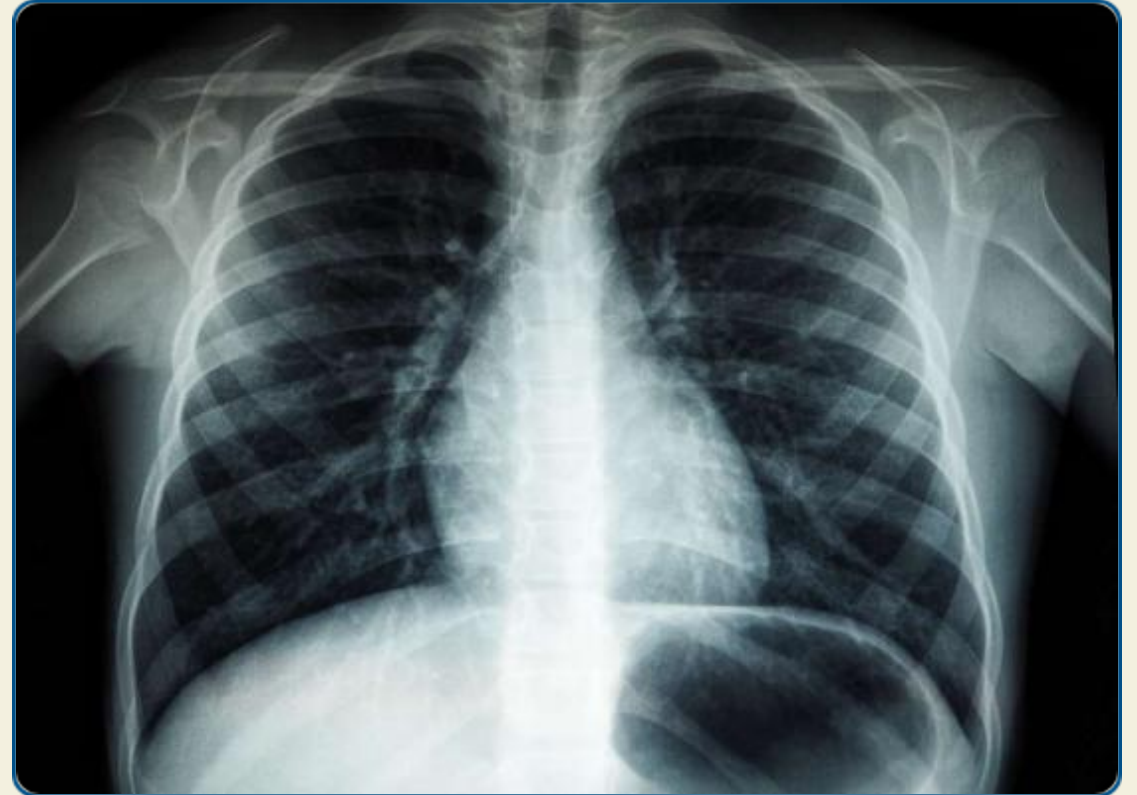
What is the primary organ affected by Tuberculosis?

A) Heart

B) Lungs

C) Kidneys

D) Liver



**Answer: Lungs.** Tuberculosis is a bacterial infection that most often attacks the lungs (pulmonary TB).

# Question 18

Pellagra is a disease caused by a deficiency of which vitamin?

A) Niacin (B3)

B) Riboflavin (B2)

C) Thiamine (B1)

D) Cobalamin (B12)



# Answer 18

Pellagra is a disease caused by a deficiency of which vitamin?

A) Niacin (B3)

B) Riboflavin (B2)

C) Thiamine (B1)

D) Cobalamin (B12)



**Answer: Niacin (B3).** Pellagra is known by the "4 D's":  
*dermatitis, diarrhea, dementia, and death.*

# Question 19

Which of these diseases is NOT caused by a virus?

A) Influenza

B) Measles

C) Cholera

D) COVID-19

# Answer 19

Which of these diseases is NOT caused by a virus?

A) Influenza

B) Measles

C) Cholera

D) COVID-19

**Answer: Cholera.** Cholera is a bacterial disease, caused by *Vibrio cholerae*.



# Question 20

What is the common name for Varicella?

A) Smallpox

B) Chickenpox

C) Shingles

D) Measles

# Answer 20

What is the common name for Varicella?

A) Smallpox

B) Chickenpox

C) Shingles

D) Measles

*Answer: Chickenpox. It is a highly contagious disease caused by the varicella-zoster virus (VZV).*

# Question 21

Goiter is a visible enlargement of which gland in the neck?

A) Pituitary gland

B) Adrenal gland

C) Thymus gland

D) Thyroid gland

# Answer 21

Goiter is a visible enlargement of which gland in the neck?

A) Pituitary gland

B) Adrenal gland

C) Thymus gland

D) Thyroid gland

*Answer: Thyroid gland. This swelling is often caused by a lack of iodine in the diet.*

# Question 22

What element deficiency is the most common cause of Goiter?

A) Iron

B) Iodine

C) Calcium

D) Zinc

# Answer 22

What element deficiency is the most common cause of Goiter?

A) Iron

B) Iodine

C) Calcium

D) Zinc

**Answer: Iodine.** Iodine is used by the thyroid gland to produce thyroid hormones.

# Question 23

What type of disease is Type 1 Diabetes?

A) Autoimmune disease

B) Viral infection

C) Bacterial infection

D) Genetic deficiency

# Answer 23

What type of disease is Type 1 Diabetes?

A) Autoimmune disease

B) Viral infection

C) Bacterial infection

D) Genetic deficiency

*Answer: Autoimmune disease. The body's immune system destroys the insulin-producing beta cells in the pancreas.*

# Question 24

**Which rare and fatal brain disorder is caused by a prion?**

**A) Alzheimer's disease**

**B) Creutzfeldt-Jakob disease**

**C) Multiple Sclerosis**

**D) ALS**

# Answer 24

Which rare and fatal brain disorder is caused by a prion?

A) Alzheimer's disease

B) Creutzfeldt-Jakob disease

C) Multiple Sclerosis

D) ALS

*Answer: Creutzfeldt-Jakob disease. Prions are misfolded proteins that cause other proteins to misfold, leading to brain damage.*



# Question 25

What is the name for the disease known as "the kissing disease"?

A) Herpes

B) Mononucleosis

C) Mumps

D) Strep Throat

# Answer 25

What is the name for the disease known as "the kissing disease"?

A) Herpes

B) Mononucleosis

C) Mumps

D) Strep Throat

**Answer: Mononucleosis.** *Infectious mononucleosis is most often caused by the Epstein-Barr virus (EBV).*

# Question 26

Which disease involves the progressive loss of memory and cognitive functions?

A) Parkinson's

B) Epilepsy

C) Alzheimer's

D) Stroke



# Answer 26

Which disease involves the progressive loss of memory and cognitive functions?

A) Parkinson's

B) Epilepsy

C) Alzheimer's

D) Stroke



*Answer: Alzheimer's. It's the most common cause of dementia, a general term for memory loss.*

# Question 27

What pathogen causes Athlete's Foot (\*Tinea pedis\*)?

~~A) Bacterium~~

~~B) Virus~~

~~C) Fungus~~

~~D) Parasite~~

# Answer 27

What pathogen causes Athlete's Foot (*\*Tinea pedis\**)?

A) Bacterium

B) Virus

C) Fungus

D) Parasite

*Answer: Fungus. It's a fungal infection that thrives in warm, moist environments.*

# Question 28

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Which of these is a classic example of a water-borne disease?

A) Cholera

B) Tuberculosis

C) Influenza

D) Measles



# Answer 28

Which of these is a classic example of a water-borne disease?

A) Cholera

B) Tuberculosis

C) Influenza

D) Measles



**Answer: Cholera.** It spreads through water or food contaminated with the feces of an infected person.

# Question 29

A distinctive "bull's-eye" rash is a common symptom of which disease?

A) Ringworm

B) Psoriasis

C) Lyme disease

D) Shingles

# Answer 29

A distinctive "bull's-eye" rash is a common symptom of which disease?

A) Ringworm

B) Psoriasis

C) Lyme disease

D) Shingles

*Answer: Lyme disease. This rash appears at the site of the tick bite in many (but not all) cases.*

# Question 30

✓ What is the vector for Lyme disease? ?

A) ~~Mosquito~~

B) Tick

C) Flea

Flea

D) Tsetse

fly

Tsetse  
fly

# Answer 30

What is the vector for Lyme disease?

A) Mosquito

 B) Tick

C)  
Flea

D) Tsetse  
fly

*Answer: Tick. Specifically, the black-legged tick (or deer tick) transmits the \*Borrelia\* bacterium.*

# Question 31

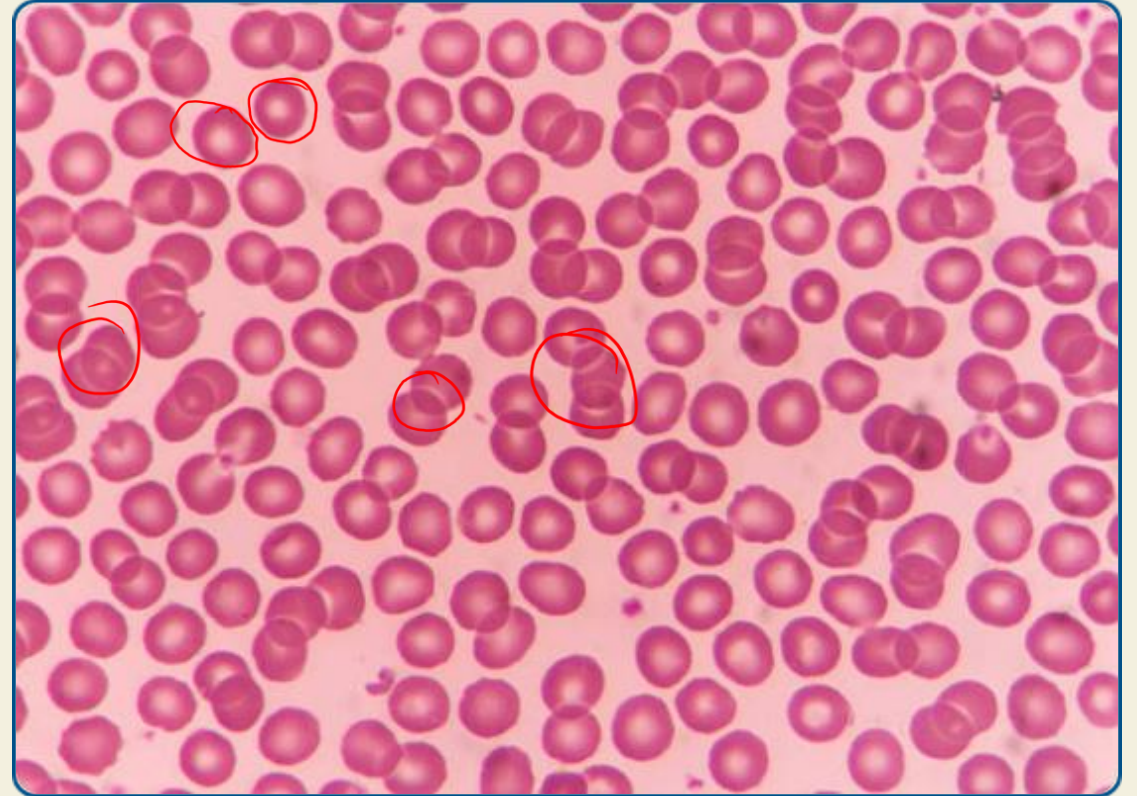
Sickle Cell Anemia is a genetic disorder that affects the shape of...

✓ A) White blood cells

✓ B) Platelets

✓ C) Red blood cells

✓ D) Neurons



# Answer 31

Sickle Cell Anemia is a genetic disorder that affects the shape of...

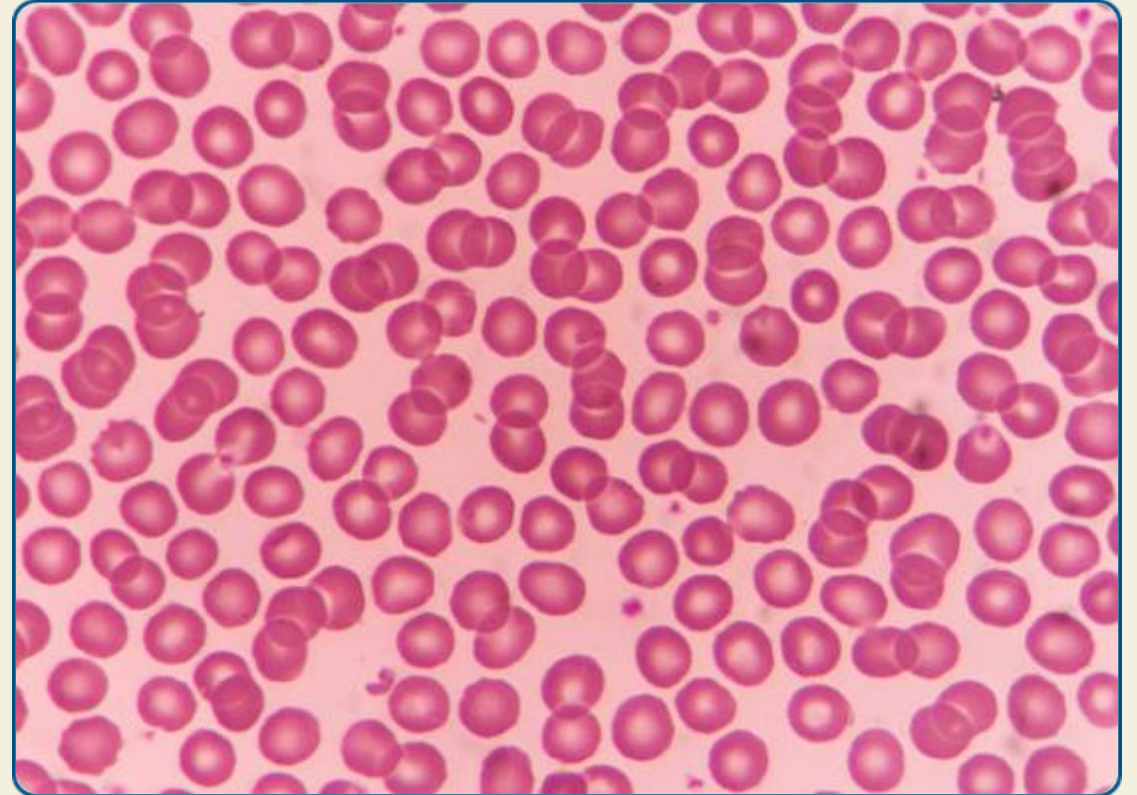
A) White blood cells

B) Platelets

C) Red blood cells

D) Neurons

**Answer: Red blood cells.** The cells become rigid, sticky, and shaped like sickles, which can block blood flow.



Red blood cells

# Question 32



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What is the common name for Pertussis?

A) Whooping Cough

B) German Measles

C) Lockjaw

D) Consumption

# Answer 32

What is the common name for Pertussis?

A) Whooping Cough

B) German Measles

C) Lockjaw

D) Consumption

*Answer: Whooping Cough. It's a highly contagious respiratory infection known for its severe hacking cough.*

# Question 33

What is the primary mode of transmission for HIV?

A) Airborne

B) Water-borne

C) Bodily fluids

D) Vector (mosquito)

# Answer 33

What is the **primary** mode of transmission for **HIV**?

A) Airborne

B) Water-  
borne

**C) Bodily fluids**

*body fluids*

D) Vector  
(mosquito)

*Answer: Bodily fluids. HIV is spread through specific bodily fluids, including blood, semen, and vaginal fluids.*

# Question 34

What is the common medical term for an inflammation of the joints?

A) Hepatitis

✓ Liver

B) Nephritis

✓ Kidney

C) Arthritis

✓ ✓

D) Gastritis

✓ Abdomen stomach

# Answer 34

What is the common medical term for an inflammation of the joints?

A) Hepatitis

B) Nephritis

C) Arthritis

D) Gastritis

*Answer: Arthritis. "Arthro-" refers to the joint, and "-itis" means inflammation.*

# Question 35

Which of these is a common **non-infectious** respiratory disease?

✓ A) Pneumonia

✓ B) Asthma

✓ C) Tuberculosis

✓ D) Influenza

*no infection*

# Answer 35

Which of these is a common non-infectious respiratory disease?

A) Pneumonia

B) Asthma

C) Tuberculosis

D) Influenza

*Answer: Asthma. It's a chronic disease that causes inflammation and narrowing of the airways.*

# Question 36

What is the name of the vaccine that helps prevent Tuberculosis?

A) MMR

B) DTaP

C) Varicella

D) BCG

*Bacillus*

# Answer 36

What is the name of the vaccine that helps prevent Tuberculosis?

A) MMR

B) DTaP

C) Varicella

D) BCG

*Answer: BCG. The Bacille Calmette–Guérin (BCG) vaccine is used to protect against TB.*

# Question 37

Leprosy (Hansen's disease) is a chronic infectious disease caused by...

~~A) A virus~~

~~B) A bacterium~~

~~C) A fungus~~

~~D) A prion~~



# Answer 37

Leprosy (Hansen's disease) is a chronic infectious disease caused by...

A) A virus

**B) A bacterium**

C) A fungus

D) A prion



**Answer: A bacterium.** It is caused by the slow-growing bacterium *Mycobacterium leprae*.

# Question 38

The Ebola virus causes what type of severe, often-fatal illness?

A) Respiratory failure

B) Hemorrhagic fever

C) Neurological decay

D) Liver failure

# Answer 38

The Ebola virus causes what type of severe, often-fatal illness?

A) Respiratory failure

B) Hemorrhagic fever

C) Neurological decay

D) Liver failure

*Answer: Hemorrhagic fever. This means it causes severe bleeding, both internal and external, along with organ failure.*



# Question 39

What is the common name for a Cerebrovascular Accident (CVA)?

A) Heart Attack

B) Stroke

C) Aneurysm

D) Seizure



# Answer 39

What is the common name for a Cerebrovascular Accident (CVA)?

A) Heart Attack

B) Stroke

C) Aneurysm

D) Seizure

*Answer: Stroke. A CVA, or stroke, occurs when blood flow to part of the brain is interrupted.*

# Question 40

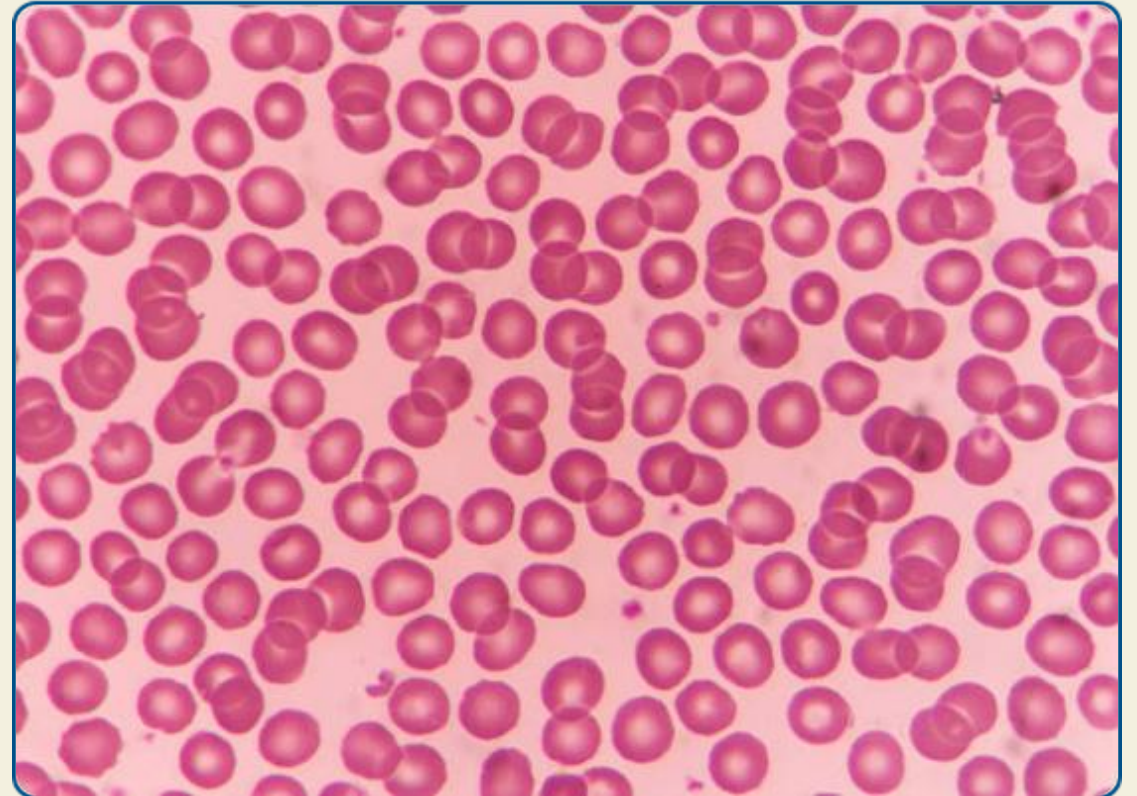
Which disease is most commonly caused by a dietary lack of iron?

A) Scurvy

B) Pellagra

C) Anemia

D) Rickets



# Answer 40

Which disease is most commonly caused by a dietary lack of iron?

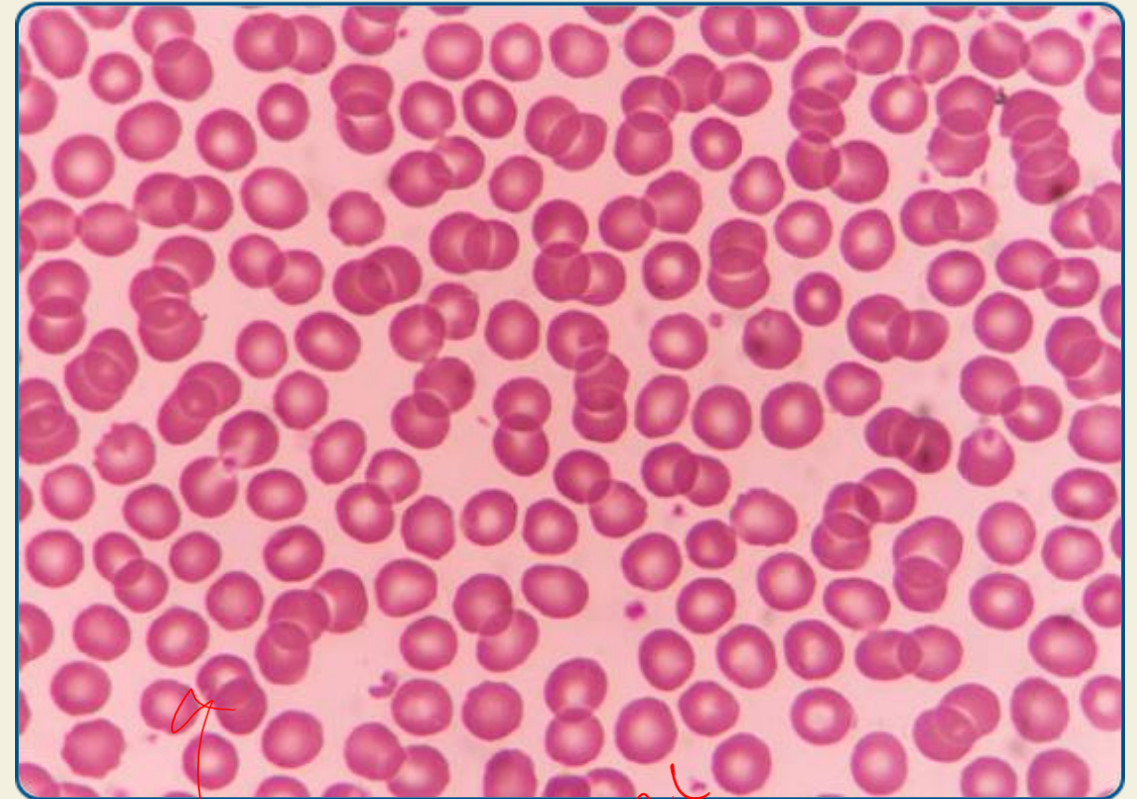
A) Scurvy

B) Pellagra

C) Anemia

D) Rickets

**Answer: Anemia.** Iron-deficiency anemia is the most common type, as iron is needed to make hemoglobin in red blood cells.



Handwritten notes in red ink:   
Anemia  
Heme  
Hb - (3) - iron  
Heme

# Question 41

Smallpox was officially declared eradicated worldwide in what year?

A) 1960

B) 1970

C) 1980

D) 1990

*Comment your Answer*

# Answer 41

Smallpox was officially declared eradicated worldwide in what year?

A) 1960

B) 1970

C) 1980

D) 1990

*Correct Answer*

**Answer: 1980.** This was a major global public health achievement, accomplished through a massive vaccination campaign.

# Question 42

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What is the primary and defining symptom of Glaucoma?

A) Blurry vision

B) Seeing spots

C) Damage to the optic nerve

D) Red, itchy eyes

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*Comment your answer*

# Answer 42

What is the primary and defining symptom of Glaucoma?

A) Blurry vision

B) Seeing spots

C) Damage to the optic nerve

D) Red, itchy eyes

*Answer: Damage to the optic nerve. It is often (but not always) associated with high pressure inside the eye.*

# Question 43



पानी का डर  
water

Which disease is also known as "hydrophobia"?

A) Tetanus

B) Rabies

C) Diphtheria

D) Meningitis

# Answer 43

Which disease is also known as "hydrophobia"?

A) Tetanus

B) Rabies

C) Diphtheria

D) Meningitis

*Answer: Rabies. In the later stages, the disease causes painful spasms of the throat muscles when trying to drink.*

# Question 44

What is the medical term for "cancer of the blood" or bone marrow?

A) Lymphoma

B) Sarcoma

C) Carcinoma

D)  
Leukemia

# Answer 44

What is the medical term for "cancer of the blood" or bone marrow?

A) Lymphoma

B) Sarcoma

C) Carcinoma

D) 

Leukemia

*Handwritten notes in red:*  
WBC  
Leucocytes  
Neutrophils  
monocytes  
Basophils  
lymphocytes

**Answer: Leukemia.** It is a type of cancer characterized by the overproduction of abnormal white blood cells.

# Question 45

Which of these is a sexually transmitted infection (STI) caused by a bacterium?

A) HIV

~~✓ viral~~

B) Herpes

~~✓ viral~~

C) HPV

~~✓ viral~~

D) Syphilis

✓

# Answer 45



Which of these is a sexually transmitted infection (STI) caused by a bacterium?

A) HIV

B) Herpes

C) HPV

D) Syphilis

*Treponema pallidum* → Syphilis

**Answer: Syphilis.** HIV, Herpes, and HPV are all caused by viruses. Syphilis is caused by the bacterium

*\*Treponema pallidum\*.*

# Question 46

What type of pathogen causes Polio (Poliomyelitis)?

A) Virus

B) Bacterium

C) Fungus

D) Prion

# Answer 46

What type of pathogen causes Polio (Poliomyelitis)?

A) Virus

B) Bacterium

C) Fungus

D) Prion

*Answer: Virus. Polio is a highly infectious viral disease that can lead to paralysis.*

# Question 47

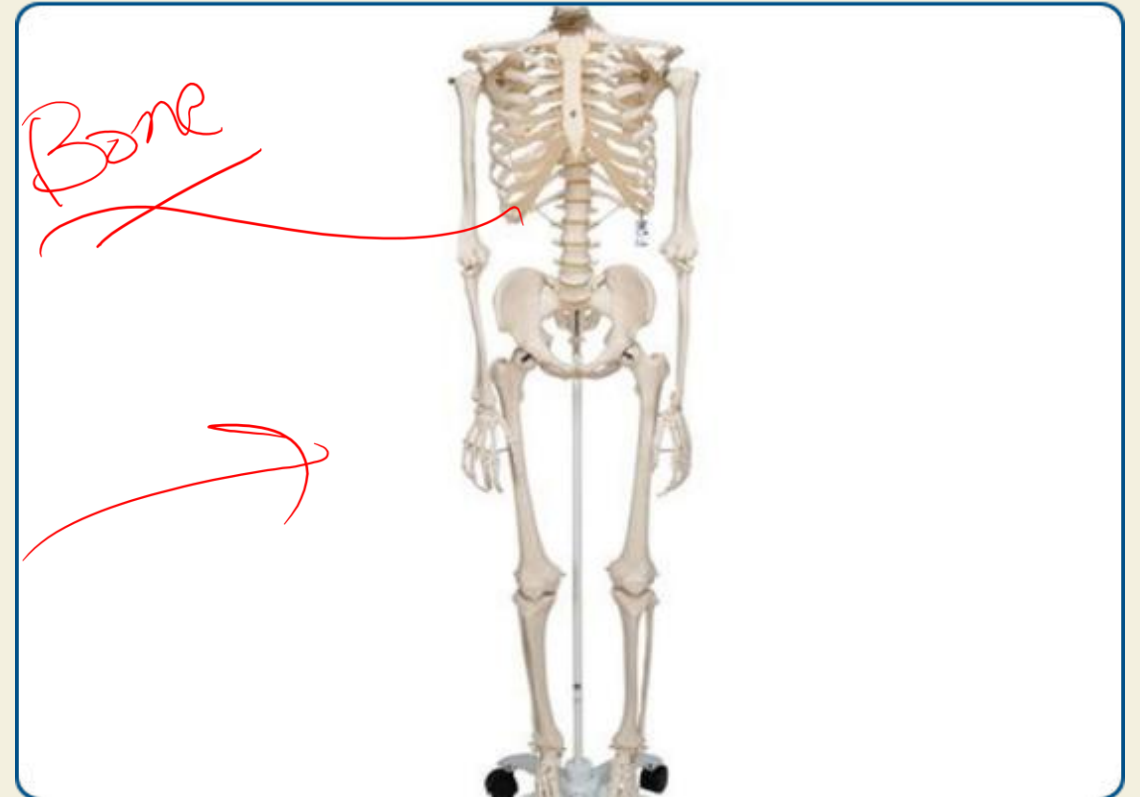
What is the main characteristic of Osteoporosis?

~~A) Inflamed joints~~

B) Soft, weak bones

~~C) Brittle, porous bones~~

~~D) Curved spine~~



# Answer 47

What is the main characteristic of Osteoporosis?

A) Inflamed joints

B) Soft, weak bones

C) Brittle, porous bones

D) Curved spine

*Answer: Brittle, porous bones. The body loses too much bone, makes too little bone, or both, increasing the risk of fracture.*



# Question 48

Beriberi is a disease caused by a deficiency of which vitamin?

A) Thiamine (B1)

B) Niacin (B3)

C) Vitamin C

D) Vitamin A



# Answer 48

Beriberi is a disease caused by a deficiency of which vitamin?

A) Thiamine (B1) ✓

B) Niacin (B3) → *Pallegaa*

C) Vitamin C → *Sunny*

D) Vitamin A → *Right answer*



**Answer: Thiamine (B1).** Thiamine is crucial for nerve function, muscle function, and energy metabolism.

# Question 49

Which disease is caused by the bacterium \*Salmonella typhi\*?

A) Typhoid fever ✓

B) Tetanus ✓

C) Cholera ✓

D) Food poisoning ✓



# Answer 49



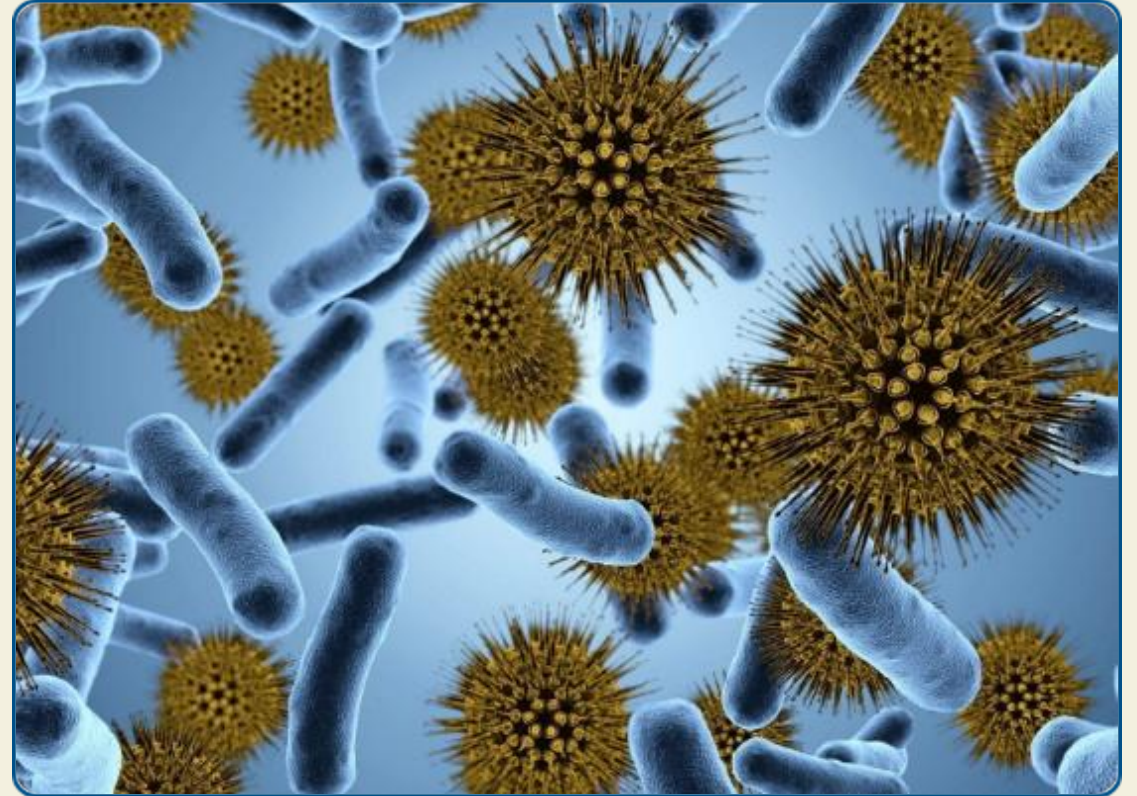
Which disease is caused by the bacterium *\*Salmonella typhi\**?

A) Typhoid fever

B) Tetanus

C) Cholera

D) Food poisoning



**Answer: Typhoid fever.** It's a life-threatening illness spread through contaminated food and water.

# Question 50

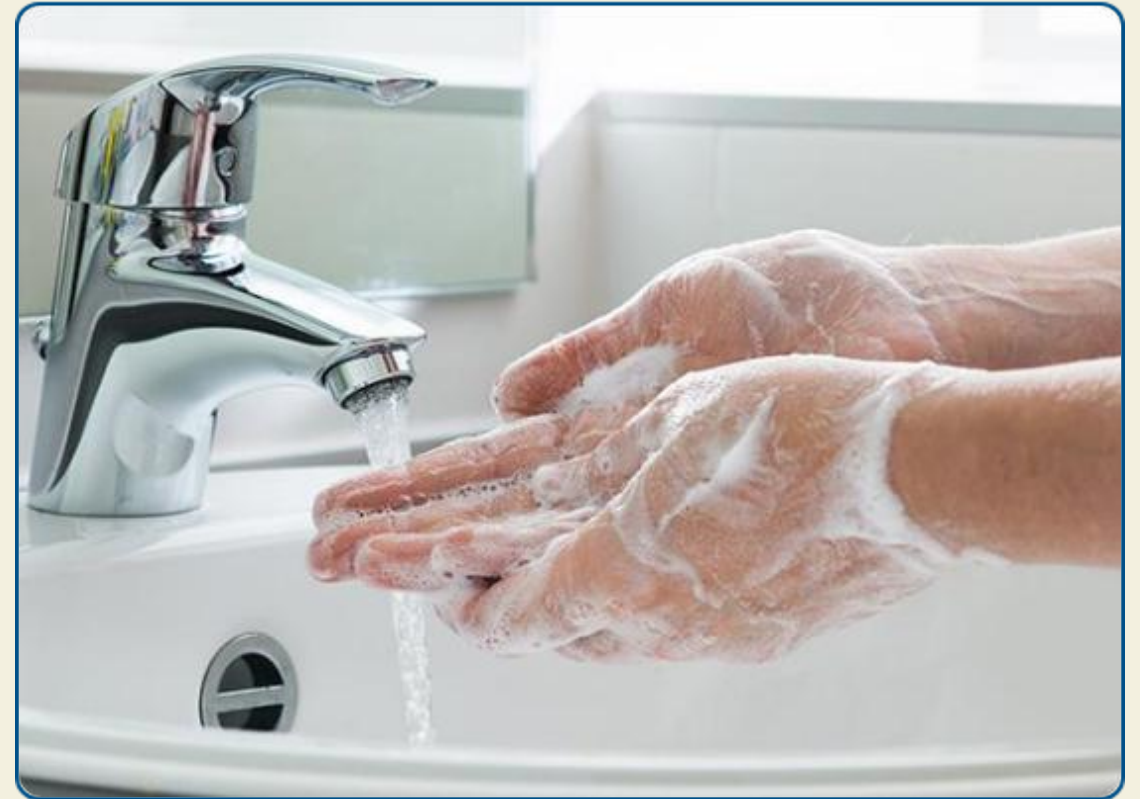
What is the most effective way to prevent the spread of many infectious diseases?

A) Taking vitamins

B) Handwashing

C) Drinking more water

D) Sleeping



# Answer 50



What is the most effective way to prevent the spread of many infectious diseases?

A) Taking vitamins

**B) Handwashing**

C) Drinking more water

D) Sleeping



**Answer: Handwashing.** Proper hand hygiene is the single most effective way to prevent the spread of germs.



# Questions?

Thank you for participating!