

## 100-Question Multiple-Choice Quiz About COVID-19

1. What does COVID-19 stand for?

- A. Coronavirus Disease 2019
- B. Contagious Viral Disease 2018
- C. Corona Variant Disease 2020
- D. Chronic Viral Disorder 2019

2. Which virus causes COVID-19?

- A. Influenza virus
- B. SARS-CoV-2
- C. HIV
- D. Ebola virus

3. Where was COVID-19 first identified?

- A. Tokyo, Japan
- B. Wuhan, China
- C. New York, USA
- D. London, England

4. Which organization declared COVID-19 a pandemic?

- A. CDC
- B. WHO
- C. FDA
- D. NIH

5. What is a common symptom of COVID-19?

- A. Fever
- B. Broken bones
- C. Tooth decay
- D. Rash only

6. Which body system is primarily affected by COVID-19?

- A. Digestive system
- B. Nervous system
- C. Respiratory system
- D. Skeletal system

7. How does COVID-19 mainly spread?

- A. Through mosquito bites
- B. Through respiratory droplets
- C. Through soil
- D. Through sunlight

8. Which of the following helps reduce the spread of COVID-19?

- A. Handwashing
- B. Ignoring symptoms
- C. Sharing drinks
- D. Avoiding sleep

9. What type of test detects active COVID-19 infection?

- A. PCR test
- B. Blood sugar test
- C. Vision test
- D. Allergy test

10. Which face covering helps reduce virus spread?

- A. Winter scarf only
- B. Medical mask
- C. Sunglasses
- D. Hat

11. What does "quarantine" mean during COVID-19?

- A. Vaccination
- B. Isolation of potentially exposed people
- C. Eating healthy foods
- D. Traveling internationally

12. What does "isolation" mean during COVID-19?

- A. Avoiding vegetables
- B. Separating infected individuals from others
- C. Working from home
- D. Exercising daily

13. Which age group is generally at higher risk for severe COVID-19?

- A. Teenagers only
- B. Older adults
- C. Toddlers only
- D. Athletes only

14. Which condition can increase the risk of severe COVID-19?

- A. Asthma
- B. Perfect eyesight
- C. Curly hair
- D. Left-handedness

15. What is "social distancing"?

- A. Avoiding all communication
- B. Keeping physical space between people
- C. Staying silent
- D. Sleeping longer

16. Which vaccine technology was used in some COVID-19 vaccines?

- A. Magnetic technology
- B. mRNA technology
- C. Steam technology
- D. Radio technology

17. What is a booster shot?

- A. A vitamin drink
- B. An additional vaccine dose to improve protection
- C. A painkiller
- D. A diagnostic scan

18. Which symptom involves difficulty breathing?

- A. Shortness of breath
- B. Hair loss
- C. Sneezing only
- D. Foot cramps

19. What is the incubation period?

- A. Time needed to cook food
- B. Time between exposure and symptoms
- C. Time spent exercising
- D. Length of vaccination

20. Which practice is recommended when coughing?

- A. Cough into your elbow
- B. Cough into someone's face
- C. Remove your mask in crowds
- D. Ignore hygiene

21. What does "asymptomatic" mean?

- A. Having severe symptoms
- B. Having no symptoms despite infection
- C. Recovering fully
- D. Being vaccinated

22. Which surface-cleaning method can help reduce germs?

- A. Disinfecting frequently touched surfaces
- B. Ignoring dirty surfaces
- C. Using only water vapor outdoors

D. Avoiding soap completely

23. Which test can provide results quickly at home?

A. Rapid antigen test

B. X-ray

C. MRI

D. Cholesterol test

24. Which organ is most severely affected in many COVID-19 cases?

A. Liver

B. Lungs

C. Kidneys

D. Skin

25. What is a pandemic?

A. A local outbreak only

B. A disease spread across many countries

C. A weather disaster

D. A food shortage

26. Which symptom involves loss of smell?

A. Anosmia

B. Arthritis

C. Migraine

D. Diabetes

27. Which health agency is based in the United States?

A. WHO

B. CDC

C. NATO

D. UNESCO

28. Which of the following is NOT a common COVID-19 symptom?

- A. Fever
- B. Cough
- C. Fatigue
- D. Broken arm

29. Why are vaccines important?

- A. They help train the immune system
- B. They change eye color
- C. They eliminate the need for sleep
- D. They cure every disease instantly

30. Which setting increases COVID-19 transmission risk?

- A. Crowded indoor spaces
- B. Open parks
- C. Empty fields
- D. Private bedrooms

31. What is ventilation?

- A. Air circulation in a space
- B. A type of medicine
- C. A vaccination method
- D. A cleaning product

32. Which profession was especially important during the pandemic?

- A. Healthcare workers
- B. Fortune tellers
- C. Circus performers
- D. Jewelers only

33. Which behavior can spread germs more easily?

- A. Sharing utensils
- B. Washing hands

- C. Wearing masks
- D. Staying home when sick

34. What is herd immunity?

- A. Immunity in farm animals only
- B. Widespread protection in a population
- C. A vaccine brand
- D. A hospital procedure

35. Which technology helped many people work remotely?

- A. Video conferencing
- B. Typewriters
- C. Telegraphs
- D. Fax machines only

36. Which type of mask generally offers strong filtration?

- A. N95 respirator
- B. Paper towel
- C. Plastic toy mask
- D. Cotton ball

37. Which of the following is a preventive action?

- A. Getting vaccinated
- B. Ignoring symptoms
- C. Refusing hygiene
- D. Sharing tissues

38. What is contact tracing?

- A. Tracking weather changes
- B. Identifying people exposed to an infected person
- C. Delivering packages
- D. Monitoring traffic

39. Which symptom may require emergency care?

- A. Blue lips
- B. Mild thirst
- C. Hiccups
- D. Dry skin

40. What is immunity?

- A. The body's defense against disease
- B. A type of exercise
- C. A weather condition
- D. A cleaning process

41. Which vitamin is commonly discussed for immune support?

- A. Vitamin D
- B. Vitamin Z
- C. Vitamin Q
- D. Vitamin X

42. Which pandemic-related practice became common in schools?

- A. Remote learning
- B. Horseback classes
- C. Midnight lectures
- D. Outdoor sleeping

43. Which symptom is related to taste?

- A. Loss of taste
- B. Blurred vision
- C. Ear ringing
- D. Joint swelling

44. Which group developed several COVID-19 vaccines?

- A. Scientists and researchers
- B. Bakers only
- C. Painters only

D. Athletes only

45. Which item helps clean hands when soap is unavailable?

- A. Hand sanitizer
- B. Motor oil
- C. Glue
- D. Paint

46. What does "variant" mean in relation to COVID-19?

- A. A mutated version of the virus
- B. A type of hospital
- C. A vitamin supplement
- D. A cleaning method

47. Which variant became globally widespread in 2021?

- A. Delta
- B. Alpha Centauri
- C. Venus
- D. Omega Prime

48. Which COVID-19 variant spread rapidly in late 2021?

- A. Omicron
- B. Mercury
- C. Titan
- D. Neptune

49. Why is testing important?

- A. It helps identify infections
- B. It changes DNA color
- C. It guarantees no illness forever
- D. It replaces sleep

50. Which population setting experienced major outbreaks?

- A. Nursing homes
- B. Empty islands
- C. Deserted roads
- D. Mountain peaks

51. What does PPE stand for?

- A. Personal Protective Equipment
- B. Public Pandemic Exercise
- C. Portable Prevention Engine
- D. Personal Power Extension

52. Which type of COVID-19 case shows mild or no symptoms?

- A. Mild case
- B. Severe trauma
- C. Surgical emergency
- D. Fracture case

53. What is long COVID?

- A. Symptoms lasting weeks or months
- B. A tall person with COVID
- C. A vaccine brand
- D. A travel restriction

54. Which symptom is associated with fatigue?

- A. Extreme tiredness
- B. Strong appetite only
- C. Increased height
- D. Better eyesight

55. Which action can protect vulnerable individuals?

- A. Staying home when sick
- B. Sharing drinks
- C. Ignoring symptoms
- D. Avoiding all cleaning

56. Which device measures blood oxygen?

- A. Pulse oximeter
- B. Thermometer
- C. Scale
- D. Stethoscope only

57. What does "flatten the curve" mean?

- A. Reducing the number of cases at one time
- B. Drawing graphs
- C. Building roads
- D. Improving weather forecasts

58. Which communication method increased during lockdowns?

- A. Video calls
- B. Smoke signals
- C. Carrier pigeons
- D. Morse code

59. Which symptom involves chest discomfort?

- A. Chest pain
- B. Hair growth
- C. Sneezing only
- D. Foot itching

60. Which habit supports overall health during illness?

- A. Rest and hydration
- B. Skipping fluids
- C. Avoiding sleep
- D. Ignoring nutrition

61. Which type of vaccine uses weakened or inactive germs?

- A. Traditional vaccines

- B. Magnetic vaccines
- C. Solar vaccines
- D. Steam vaccines

62. Which pandemic measure limited large gatherings?

- A. Capacity restrictions
- B. Increased crowding
- C. Unlimited stadium seating
- D. Festival expansion

63. What does "community spread" mean?

- A. Unknown source of infection within a community
- B. Sharing community gardens
- C. Food distribution only
- D. A weather pattern

64. Which pandemic item became commonly stocked in homes?

- A. Hand sanitizer
- B. Fireworks
- C. Umbrellas only
- D. Sports trophies

65. Which professional field studied COVID-19 outbreaks?

- A. Epidemiology
- B. Astrology
- C. Architecture
- D. Photography

66. What is a coronavirus?

- A. A family of viruses
- B. A type of plant
- C. A kind of mineral
- D. A weather event

67. Which place often required masks during outbreaks?

- A. Hospitals
- B. Empty beaches
- C. Hiking trails only
- D. Desert camps

68. Which symptom can include chills?

- A. COVID-19
- B. Broken finger
- C. Sunburn only
- D. Tooth whitening

69. Why are mutations important?

- A. They can change virus behavior
- B. They improve weather
- C. They change gravity
- D. They stop all diseases

70. Which action supports mental health during isolation?

- A. Staying connected with others
- B. Avoiding all communication
- C. Ignoring emotions
- D. Eliminating hobbies

71. Which COVID-19 symptom affects the throat?

- A. Sore throat
- B. Broken tooth
- C. Earwax buildup
- D. Skin rash only

72. Which protective behavior became common in stores?

- A. Physical distancing markers
- B. Indoor fireworks

- C. Loud music competitions
- D. Free hugging stations

73. What is telemedicine?

- A. Remote healthcare services
- B. Space medicine
- C. Veterinary farming
- D. Emergency broadcasting

74. Which symptom may involve body aches?

- A. COVID-19
- B. Broken eyeglasses
- C. Sprained pencil
- D. Dry notebook

75. Why were travel restrictions used?

- A. To reduce disease spread between regions
- B. To improve tourism
- C. To increase crowds
- D. To eliminate transportation forever

76. Which scientific process checks vaccine safety?

- A. Clinical trials
- B. Lottery drawings
- C. Weather reports
- D. Cooking tests

77. Which personal habit can strengthen general health?

- A. Balanced nutrition
- B. Skipping meals
- C. Avoiding exercise forever
- D. Sleeping one hour nightly

78. Which place often shifted to remote work?

- A. Offices
- B. Swimming pools only
- C. Farms only
- D. Playgrounds only

79. Which COVID-19 test sample is commonly collected?

- A. Nasal swab
- B. Hair strand only
- C. Fingernail clipping
- D. Shoe lace

80. Which public health action informs people about risks?

- A. Health education
- B. Ignoring communication
- C. Hiding information
- D. Reducing literacy

81. Which symptom may involve headaches?

- A. COVID-19
- B. Broken chair
- C. Cold weather only
- D. Dry laundry

82. Why is sleep important during illness?

- A. It supports recovery
- B. It spreads viruses
- C. It replaces medicine entirely
- D. It weakens the immune system

83. Which setting often required remote attendance during outbreaks?

- A. Conferences
- B. Empty parks

- C. Fishing docks only
- D. Desert roads

84. Which type of worker delivered essential goods during lockdowns?

- A. Delivery workers
- B. Astronauts only
- C. Lifeguards only
- D. Magicians only

85. Which symptom may involve coughing?

- A. COVID-19
- B. Broken glasses
- C. Tooth brushing
- D. Sunlight exposure

86. What is a public health guideline?

- A. Advice to protect community health
- B. A sports rule
- C. A cooking method
- D. A music lesson

87. Which factor can affect virus transmission indoors?

- A. Poor ventilation
- B. Shoe color
- C. Wall paint
- D. Carpet design

88. Which pandemic response involved staying at home?

- A. Lockdown
- B. Marathon racing
- C. Cruise tourism
- D. Fireworks festival

89. Which type of immunity comes from vaccination?

- A. Acquired immunity
- B. Mechanical immunity
- C. Artificial gravity
- D. Solar resistance

90. Which symptom may include fever and chills?

- A. COVID-19
- B. Broken keyboard
- C. Dry ink pen
- D. New haircut

91. Which behavior helps protect others when ill?

- A. Wearing a mask
- B. Sharing utensils
- C. Ignoring symptoms
- D. Crowding indoors

92. Which scientific field develops vaccines?

- A. Immunology
- B. Archaeology
- C. Geology
- D. Astronomy

93. Which item became common in public buildings?

- A. Hand sanitizer stations
- B. Fire pits
- C. Roller coasters
- D. Musical stages

94. Which symptom may include nausea?

- A. COVID-19
- B. Haircut appointment

- C. Reading books
- D. Driving lessons

95. Which population group often received vaccine priority?

- A. Healthcare workers
- B. Professional dancers only
- C. Tourists only
- D. Gamers only

96. Which practice helps avoid spreading illness at work?

- A. Staying home when sick
- B. Sharing drinks
- C. Ignoring symptoms
- D. Crowding meeting rooms

97. Which type of information source is best during a health crisis?

- A. Reliable health organizations
- B. Random rumors
- C. Unverified gossip
- D. Anonymous chain messages

98. Which COVID-19 complication may require hospitalization?

- A. Pneumonia
- B. Dry elbows
- C. Paper cuts
- D. Mild hiccups

99. Which action helps communities recover from pandemics?

- A. Cooperation and public health efforts
- B. Ignoring medical advice
- C. Spreading misinformation
- D. Avoiding all communication

100. What is one major lesson from the COVID-19 pandemic?

- A. Global health preparedness is important
- B. Diseases never spread internationally
- C. Hygiene is unnecessary
- D. Science has no role in health