

100-Question Multiple-Choice Quiz About COVID-19 with Answers

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

Answer: A. Coronavirus Disease 2019

Explanation: COVID-19 is short for "Coronavirus Disease 2019," the illness caused by the SARS-CoV-2 virus.

2. Which virus causes COVID-19?

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

Answer: B. SARS-CoV-2

Explanation: COVID-19 is caused by the SARS-CoV-2 virus, a coronavirus first identified in 2019.

3. Where was COVID-19 first identified?

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

Answer: B. Wuhan, China

Explanation: The first known outbreak of COVID-19 was identified in Wuhan, China, in late 2019.

4. Which organization declared COVID-19 a pandemic?

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

Answer: B. WHO

Explanation: The World Health Organization (WHO) declared COVID-19 a global pandemic on March 11, 2020.

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

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

Answer: A. Fever

Explanation: Fever is one of the most common symptoms of COVID-19, along with cough and fatigue.

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

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

Answer: C. Respiratory system

Explanation: COVID-19 mainly affects the respiratory system, especially the lungs.

7. How does COVID-19 mainly spread?

- A. Through mosquito bites
- B. Through respiratory droplets

- C. Through soil
- D. Through sunlight

Answer: B. Through respiratory droplets

Explanation: COVID-19 primarily spreads through respiratory droplets released when infected people cough, sneeze, talk, or breathe.

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

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

Answer: A. Handwashing

Explanation: Frequent handwashing helps remove germs and reduce virus transmission.

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

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

Answer: A. PCR test

Explanation: PCR tests detect the genetic material of the virus and are commonly used to identify active infections.

10. Which face covering helps reduce virus spread?

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

Answer: B. Medical mask

Explanation: Medical masks help block respiratory droplets that may contain the virus.

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

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

Answer: B. Isolation of potentially exposed people

Explanation: Quarantine separates people who may have been exposed to the virus to prevent further spread.

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

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

Answer: B. Separating infected individuals from others

Explanation: Isolation keeps infected people away from healthy individuals to reduce transmission.

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

Answer: B. Older adults

Explanation: Older adults are more likely to experience severe illness from COVID-19.

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

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

Answer: A. Asthma

Explanation: Certain health conditions, including asthma, can increase the risk of complications.

15. What is "social distancing"?

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

Answer: B. Keeping physical space between people

Explanation: Social distancing reduces close contact and lowers the chance of virus transmission.

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

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

Answer: B. mRNA technology

Explanation: Some vaccines, such as Pfizer-BioNTech and Moderna, used mRNA 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

Answer: B. An additional vaccine dose to improve protection

Explanation: Booster shots help strengthen or restore immunity over time.

18. Which symptom involves difficulty breathing?

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

Answer: A. Shortness of breath

Explanation: Shortness of breath is a serious symptom that may require medical attention.

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

Answer: B. Time between exposure and symptoms

Explanation: The incubation period is the time between infection and the appearance of symptoms.

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

Answer: A. Cough into your elbow

Explanation: Covering coughs helps reduce the spread of respiratory droplets.

21. What does "asymptomatic" mean?

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

Answer: B. Having no symptoms despite infection

Explanation: Asymptomatic individuals are infected but do not show symptoms.

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

Answer: A. Disinfecting frequently touched surfaces

Explanation: Cleaning and disinfecting surfaces can help reduce the spread of germs.

23. Which test can provide results quickly at home?

- A. Rapid antigen test

- B. X-ray
- C. MRI
- D. Cholesterol test

Answer: A. Rapid antigen test

Explanation: Rapid antigen tests can provide quick results and are often used at home.

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

- A. Liver
- B. Lungs
- C. Kidneys
- D. Skin

Answer: B. Lungs

Explanation: COVID-19 commonly affects the lungs and can lead to pneumonia.

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

Answer: B. A disease spread across many countries

Explanation: A pandemic is an outbreak that spreads across multiple countries or continents.

26. Which symptom involves loss of smell?

- A. Anosmia
- B. Arthritis
- C. Migraine

D. Diabetes

Answer: A. Anosmia

Explanation: Anosmia is the loss of smell, a symptom reported in many COVID-19 cases.

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

- A. WHO
- B. CDC
- C. NATO
- D. UNESCO

Answer: B. CDC

Explanation: The Centers for Disease Control and Prevention (CDC) is a U.S. public health agency.

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

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

Answer: D. Broken arm

Explanation: A broken arm is unrelated to COVID-19 infection.

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

Answer: A. They help train the immune system

Explanation: Vaccines prepare the immune system to recognize and fight infections.

30. Which setting increases COVID-19 transmission risk?

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

Answer: A. Crowded indoor spaces

Explanation: Crowded indoor areas with poor ventilation increase transmission risk.

31. What is ventilation?

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

Answer: A. Air circulation in a space

Explanation: Good ventilation helps reduce the concentration of airborne particles.

32. Which profession was especially important during the pandemic?

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

Answer: A. Healthcare workers

Explanation: Healthcare workers played a crucial role in treating patients and managing the pandemic.

33. Which behavior can spread germs more easily?

- A. Sharing utensils
- B. Washing hands
- C. Wearing masks
- D. Staying home when sick

Answer: A. Sharing utensils

Explanation: Sharing utensils may increase the spread of germs.

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

Answer: B. Widespread protection in a population

Explanation: Herd immunity occurs when enough people are protected, reducing disease spread.

35. Which technology helped many people work remotely?

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

Answer: A. Video conferencing

Explanation: Video conferencing allowed people to work and communicate from home.

36. Which type of mask generally offers strong filtration?

- A. N95 respirator

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

Answer: A. N95 respirator

Explanation: N95 respirators filter many airborne particles when worn properly.

37. Which of the following is a preventive action?

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

Answer: A. Getting vaccinated

Explanation: Vaccination helps reduce the risk of severe illness and transmission.

38. What is contact tracing?

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

Answer: B. Identifying people exposed to an infected person

Explanation: Contact tracing helps reduce spread by informing exposed individuals.

39. Which symptom may require emergency care?

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

Answer: A. Blue lips

Explanation: Blue lips may indicate low oxygen levels and require immediate medical attention.

40. What is immunity?

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

Answer: A. The body's defense against disease

Explanation: Immunity helps the body recognize and fight harmful pathogens.

41. Which vitamin is commonly discussed for immune support?

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

Answer: A. Vitamin D

Explanation: Vitamin D is important for immune system function.

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

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

Answer: A. Remote learning

Explanation: Many schools adopted remote learning during the pandemic.

43. Which symptom is related to taste?

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

Answer: A. Loss of taste

Explanation: Loss of taste was a commonly reported COVID-19 symptom.

44. Which group developed several COVID-19 vaccines?

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

Answer: A. Scientists and researchers

Explanation: Scientists and researchers worked globally to develop vaccines.

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

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

Answer: A. Hand sanitizer

Explanation: Hand sanitizer with alcohol can help kill germs when soap and water are unavailable.

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

Answer: A. A mutated version of the virus

Explanation: Variants are versions of the virus with genetic changes.

47. Which variant became globally widespread in 2021?

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

Answer: A. Delta

Explanation: The Delta variant spread widely and caused major outbreaks in many countries.

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

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

Answer: A. Omicron

Explanation: Omicron became known for its high transmissibility.

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

Answer: A. It helps identify infections

Explanation: Testing helps detect infections and reduce spread.

50. Which population setting experienced major outbreaks?

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

Answer: A. Nursing homes

Explanation: Nursing homes faced high risks because many residents were older adults.

51. What does PPE stand for?

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

Answer: A. Personal Protective Equipment

Explanation: PPE includes items like gloves, masks, and gowns used for protection.

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

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

Answer: A. Mild case

Explanation: Many people experience only mild symptoms or none at all.

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

Answer: A. Symptoms lasting weeks or months

Explanation: Long COVID refers to lingering symptoms after initial infection.

54. Which symptom is associated with fatigue?

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

Answer: A. Extreme tiredness

Explanation: Fatigue means persistent tiredness and lack of energy.

55. Which action can protect vulnerable individuals?

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

Answer: A. Staying home when sick

Explanation: Staying home while sick helps prevent infecting others.

56. Which device measures blood oxygen?

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

Answer: A. Pulse oximeter

Explanation: A pulse oximeter measures oxygen levels in the blood.

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

Answer: A. Reducing the number of cases at one time

Explanation: Flattening the curve helps avoid overwhelming healthcare systems.

58. Which communication method increased during lockdowns?

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

Answer: A. Video calls

Explanation: Video calls became popular for work, school, and social interaction.

59. Which symptom involves chest discomfort?

- A. Chest pain
- B. Hair growth
- C. Sneezing only

D. Foot itching

Answer: A. Chest pain

Explanation: Chest pain may indicate serious illness and should be evaluated medically.

60. Which habit supports overall health during illness?

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

Answer: A. Rest and hydration

Explanation: Proper rest and hydration support recovery from illness.

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

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

Answer: A. Traditional vaccines

Explanation: Traditional vaccines may use weakened or inactivated pathogens.

62. Which pandemic measure limited large gatherings?

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

Answer: A. Capacity restrictions

Explanation: Capacity limits reduced close contact in crowded places.

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

Answer: A. Unknown source of infection within a community

Explanation: Community spread means infections are occurring without a clearly known source.

64. Which pandemic item became commonly stocked in homes?

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

Answer: A. Hand sanitizer

Explanation: Many households stocked sanitizer to improve hygiene.

65. Which professional field studied COVID-19 outbreaks?

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

Answer: A. Epidemiology

Explanation: Epidemiology studies disease patterns and outbreaks.

66. What is a coronavirus?

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

Answer: A. A family of viruses

Explanation: Coronaviruses are a group of viruses that can affect humans and animals.

67. Which place often required masks during outbreaks?

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

Answer: A. Hospitals

Explanation: Hospitals often required masks to protect patients and staff.

68. Which symptom can include chills?

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

Answer: A. COVID-19

Explanation: Chills can occur along with fever and other symptoms.

69. Why are mutations important?

- A. They can change virus behavior
- B. They improve weather
- C. They change gravity

D. They stop all diseases

Answer: A. They can change virus behavior

Explanation: Mutations may affect transmission, severity, or immunity.

70. Which action supports mental health during isolation?

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

Answer: A. Staying connected with others

Explanation: Social support can help reduce stress and loneliness.

71. Which COVID-19 symptom affects the throat?

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

Answer: A. Sore throat

Explanation: Sore throat is a common respiratory symptom.

72. Which protective behavior became common in stores?

- A. Physical distancing markers
- B. Indoor fireworks
- C. Loud music competitions
- D. Free hugging stations

Answer: A. Physical distancing markers

Explanation: Markers reminded customers to maintain safe distances.

73. What is telemedicine?

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

Answer: A. Remote healthcare services

Explanation: Telemedicine allows patients to consult healthcare providers remotely.

74. Which symptom may involve body aches?

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

Answer: A. COVID-19

Explanation: Muscle and body aches are common symptoms.

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

Answer: A. To reduce disease spread between regions

Explanation: Travel restrictions aimed to slow transmission.

76. Which scientific process checks vaccine safety?

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

Answer: A. Clinical trials

Explanation: Clinical trials evaluate safety and effectiveness before approval.

77. Which personal habit can strengthen general health?

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

Answer: A. Balanced nutrition

Explanation: Healthy nutrition supports immune system function.

78. Which place often shifted to remote work?

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

Answer: A. Offices

Explanation: Many office workers transitioned to remote work arrangements.

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

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

Answer: A. Nasal swab

Explanation: Nasal swabs are commonly used for COVID-19 testing.

80. Which public health action informs people about risks?

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

Answer: A. Health education

Explanation: Public health education helps communities make informed decisions.

81. Which symptom may involve headaches?

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

Answer: A. COVID-19

Explanation: Headaches are frequently reported among infected individuals.

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

Answer: A. It supports recovery

Explanation: Adequate sleep helps the body heal and maintain immune function.

83. Which setting often required remote attendance during outbreaks?

- A. Conferences
- B. Empty parks
- C. Fishing docks only
- D. Desert roads

Answer: A. Conferences

Explanation: Many conferences shifted to virtual formats during the pandemic.

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

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

Answer: A. Delivery workers

Explanation: Delivery workers helped maintain access to food and supplies.

85. Which symptom may involve coughing?

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

Answer: A. COVID-19

Explanation: Coughing is one of the hallmark respiratory symptoms.

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

Answer: A. Advice to protect community health

Explanation: Public health guidelines are recommendations to reduce health risks.

87. Which factor can affect virus transmission indoors?

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

Answer: A. Poor ventilation

Explanation: Poor airflow can allow viral particles to accumulate indoors.

88. Which pandemic response involved staying at home?

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

Answer: A. Lockdown

Explanation: Lockdowns limited movement and social interaction to reduce spread.

89. Which type of immunity comes from vaccination?

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

Answer: A. Acquired immunity

Explanation: Vaccines stimulate acquired immunity against specific diseases.

90. Which symptom may include fever and chills?

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

Answer: A. COVID-19

Explanation: Fever and chills are common infection-related symptoms.

91. Which behavior helps protect others when ill?

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

Answer: A. Wearing a mask

Explanation: Masks help reduce the spread of respiratory droplets.

92. Which scientific field develops vaccines?

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

Answer: A. Immunology

Explanation: Immunology studies the immune system and vaccine responses.

93. Which item became common in public buildings?

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

Answer: A. Hand sanitizer stations

Explanation: Sanitizer stations encouraged hand hygiene in shared spaces.

94. Which symptom may include nausea?

- A. COVID-19
- B. Haircut appointment
- C. Reading books
- D. Driving lessons

Answer: A. COVID-19

Explanation: Some infected individuals experience gastrointestinal symptoms like nausea.

95. Which population group often received vaccine priority?

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

Answer: A. Healthcare workers

Explanation: Healthcare workers were prioritized because of high exposure risk.

96. Which practice helps avoid spreading illness at work?

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

Answer: A. Staying home when sick

Explanation: Staying home while ill reduces workplace transmission.

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

Answer: A. Reliable health organizations

Explanation: Trusted health organizations provide evidence-based information.

98. Which COVID-19 complication may require hospitalization?

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

Answer: A. Pneumonia

Explanation: Severe lung infections like pneumonia may require hospital care.

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

Answer: A. Cooperation and public health efforts

Explanation: Community cooperation and evidence-based public health measures improve recovery.

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

Answer: A. Global health preparedness is important

Explanation: The pandemic highlighted the importance of preparedness, research, healthcare systems, and international cooperation.