



# Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** There are three MMR vaccines licensed in the United States.

True     **False**—there is one MMR vaccine licensed in the United States.
- 2** Most people without chronic health conditions have a normal blood pressure if it stays below \_\_\_\_\_:

a. **120/80**  
b. 110/60  
c. 140/90
- 3** Anyone can get skin cancer. It's more common among people with a light (fair) skin tone, but skin cancer can affect anyone.

True     False
- 4** Sleep deficiency can lead to physical and mental health problems, injuries, loss of productivity, and even a greater risk of death.

True     False
- 5** \_\_\_\_\_ seizures can happen any time a child gets sick and has a fever.

a. Anaphylactic  
b. Sudden  
c. **Febrile**
- 6** \_\_\_\_\_ can damage blood vessels in the kidneys, reducing their ability to work properly.

a. Exercise  
b. Sleep deprivation  
c. **High blood pressure**
- 7** Skin cancer can't be found in places on the body never exposed to the sun.

True     **False**—Skin cancer may be found in places on the body never exposed to the sun.
- 8** The two basic types of sleep are rapid eye movement (REM) and \_\_\_\_\_.

a. **non-REM**  
b. slow eye movement  
c. deep sleep