

# Health quiz

## 1. You should call NHS 111 when:

- you think you need help urgently during the day or night before you go to any other health service
- if you want to order a pizza
- if you are lost

## 2. Who can provide advice on most common health issues?

- Your pharmacist
- Your friends
- Your postman

## 3. Young people have the same right to confidentiality as adults. This means that when you visit your GP (or another healthcare professional):

- they are not allowed to share what you talk about. So basically, they can't tell your parents/carers unless you give permission
- they can tell anyone they want to
- they can tell your teachers

## 4. There are some good things about catching a few coughs and colds because:

- you can take a few days off
- they help build-up your natural defences and fight off viruses
- you can go out more

## 5. Migraines are:

- the most common cause of frequent headaches in young people
- tummy aches
- types of cereals

## 6. Acne is:

- mostly due to the way skin reacts to hormonal changes
- caused by washing too much
- contagious

## 7. HPV (human papillomavirus) vaccination is offered to:

- boys aged 12-13
- girls aged 12-13
- older people

**8. HPV protects you from:**

- cervical cancer
- coughs and colds
- getting fat

**9. Reduce the risk of tooth decay by:**

- consuming less sugary foods and drinks
- using a tooth whitener
- brushing teeth just three times a week

**10. Keeping our hearing healthy is largely about:**

- controlling how much loud sound we are exposed to
- having pierced ears
- listening to music all day

**11. Food is burned in our bodies to create energy. If we don't use it, we:**

- need to eat more
- put on weight
- get anorexia nervosa

**12. An eating disorder is:**

- a serious condition
- a diet craze
- made up for attention

**13. If you are sexually active, it is important that you use contraception which both partners have agreed to in order to:**

- avoid pregnancy and sexually transmitted infections (STIs)
- enjoy sex
- make someone like you

**14. Cyberbullying is bullying:**

- by text, instant messaging, email messages or via social media
- from space
- not a real word

**15. You could be a young carer if you:**

- care about yourself
- are under 18 and look after a parent or relative who is ill or may be addicted to alcohol or drugs
- care about what people think

**16. In healthcare, the word ‘transition’ is used to describe:**

- the planning, preparing and moving on from children’s health care to adult healthcare
- having a sex change
- changing your GP

**17. Who can you call if you need more information about any health and social care service in Essex?**

- Ghostbusters
- A plumber
- Healthwatch Essex on 0300 500 1895