

CERTIFICATE IN PUBLIC HEALTH INSPECTION (CIPHI) BOC PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. Which action must be done before vacuuming when dealing with bed bugs?

- A. Vacuuming
- B. Throw out items
- C. Steam cleaning
- D. Washing clothes

2. Which statement about reducing smog levels is true?

- A. Use public transportation instead of your car
- B. Look for alternatives to gas-powered machines and vehicles
- C. Consider fuel efficiency when you buy a vehicle
- D. All of the above

3. What should you do with items that cannot be cleaned during bed bug treatment?

- A. Keep items
- B. Throw out items/furniture unable to be cleaned
- C. Donate
- D. Store in attic

4. Hepatitis A is transmitted by which route?

- A. Airborne
- B. Fecal-oral route
- C. Bloodborne
- D. Vector-borne

5. Which tick is commonly associated with Rocky Mountain Spotted Fever?

- A. American dog tick
- B. Lone star tick
- C. Rocky Mountain Wood Tick
- D. Brown dog tick

6. Why is filtration important in water treatment for pool or recreational water?

- A. Disinfectant alone is sufficient to inactivate all pathogens.
- B. Filtration is unnecessary if UV is used.
- C. Filtration only affects taste and odor.
- D. Filters remove contaminants from the water.

7. The primary reservoir for hantavirus is which animal?

- A. Mice
- B. Cats
- C. Dogs
- D. Birds

8. During a power outage, which storage option maintains safe cold temperatures the longest if doors stay closed?

- A. Full freezer – good for about 2 days
- B. Half chest freezer – good for about 1 day
- C. Cooler or fridge – good for about 4 hours
- D. Pantry shelf – good for about 12 hours

9. Honey has been linked to which botulism risk?

- A. Infant botulism
- B. Foodborne botulism
- C. Wound botulism
- D. Inhalational botulism

10. Which environmental factor indicates how clear the water is?

- A. Water clarity/turbidity.
- B. Water salinity.
- C. Chlorine residual.
- D. pH level.

Answers

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1. C
2. D
3. B
4. B
5. C
6. D
7. A
8. A
9. A
10. A

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Explanations

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1. Which action must be done before vacuuming when dealing with bed bugs?

- A. Vacuuming
- B. Throw out items
- C. Steam cleaning**
- D. Washing clothes

Before vacuuming, use hot steam cleaning. The heat from steam kills bed bugs on contact and also reaches into cracks, seams, and fabric folds where they hide. This hot treatment reduces the number of live bugs and loosens eggs and debris, making vacuuming far more effective. If you vacuum first, you risk scattering live bugs and eggs to other areas and may not remove those hidden in crevices. After steaming, vacuum thoroughly to remove dead bugs and any loosened eggs, then proceed with laundering or other treatments as needed.

2. Which statement about reducing smog levels is true?

- A. Use public transportation instead of your car
- B. Look for alternatives to gas-powered machines and vehicles
- C. Consider fuel efficiency when you buy a vehicle
- D. All of the above**

Reducing smog levels comes from lowering emissions from the main sources people can influence: transportation and fossil-fuel powered equipment. Using public transportation cuts the number of vehicles on the road, reducing overall emissions per person and easing the load of pollutants that form smog. Looking for alternatives to gas-powered machines and vehicles helps eliminate emissions from lawn and garden tools, generators, and other equipment that run on fossil fuels. Considering fuel efficiency when buying a vehicle lowers emissions per mile by using fuel more efficiently. Each of these actions targets a different part of the pollution picture, so combining them yields the biggest impact on smog. Therefore, doing all of the above is the most effective approach.

3. What should you do with items that cannot be cleaned during bed bug treatment?

- A. Keep items
- B. Throw out items/furniture unable to be cleaned**
- C. Donate
- D. Store in attic

When bed bugs can't be effectively cleaned from an item, discard it to prevent re-infestation. Bed bugs hide in seams, stuffing, and hidden corners, and some items can't be treated thoroughly or safely. Keeping or reusing such items risks surviving bugs that can quickly reinfest the home, while donating could spread pests to others, and storing the item in an attic doesn't remove the problem. The practical move is to remove the uncleanable item from the living space and dispose of it according to local guidelines, so the treatment can succeed and the infestation won't rebound.

4. Hepatitis A is transmitted by which route?

- A. Airborne
- B. Fecal-oral route**
- C. Bloodborne
- D. Vector-borne

Hepatitis A is transmitted through the fecal-oral route. This means the virus is shed in the feces of an infected person and can enter another person if contaminated food or water is consumed, or if hands contaminated with fecal material touch food or objects that are then eaten. It's commonly linked to poor sanitation, contaminated water, or foods like shellfish handled by someone who hasn't practiced good hygiene. It is not spread through the air, via blood, or by insect vectors, which is why those other transmission routes don't apply.

5. Which tick is commonly associated with Rocky Mountain Spotted Fever?

- A. American dog tick
- B. Lone star tick
- C. Rocky Mountain Wood Tick**
- D. Brown dog tick

RMSF is transmitted to humans mainly by Dermacentor ticks, with the Rocky Mountain wood tick being the classic and most commonly associated vector. This tick, found in the Rocky Mountain region, has long been linked to RMSF cases, making it the best answer. While other ticks can carry the organism in certain outbreaks, they are not as consistently tied to RMSF as the Rocky Mountain wood tick. Transmission typically requires prolonged feeding, so avoiding tick exposure and promptly removing attached ticks reduces the risk.

6. Why is filtration important in water treatment for pool or recreational water?

- A. Disinfectant alone is sufficient to inactivate all pathogens.
- B. Filtration is unnecessary if UV is used.
- C. Filtration only affects taste and odor.
- D. Filters remove contaminants from the water.**

Filtration in pool water treatment is about physically removing contaminants from the water to keep it clear and safe. By pulling out dirt, organic debris, and suspended particles, filtration reduces turbidity and lowers the amount of material that organisms can cling to or shield behind. Clear water also lets disinfectants work more effectively and can lower the chlorine demand, so sanitizers can reach and inactivate microbes more reliably. While UV can inactivate many pathogens, it doesn't remove solids or debris, and disinfection alone won't handle all contaminants. So filtration's main role is the removal of contaminants from the water, which supports overall water safety and quality.

7. The primary reservoir for hantavirus is which animal?

A. Mice

B. Cats

C. Dogs

D. Birds

The main idea is understanding which animal species naturally harbors hantavirus in the wild. Hantaviruses persist in rodent populations; infected rodents shed the virus in urine, droppings, and saliva, and humans typically pick it up by inhaling dust contaminated with those excreta. Among the options, mice are the correct reservoir because rodents—especially mice such as deer mice in many regions—maintain and spread the virus in nature. The other animals listed are not known reservoirs for hantavirus.

8. During a power outage, which storage option maintains safe cold temperatures the longest if doors stay closed?

A. Full freezer – good for about 2 days

B. Half chest freezer – good for about 1 day

C. Cooler or fridge – good for about 4 hours

D. Pantry shelf – good for about 12 hours

Thermal mass and keeping the door closed determine how long cold temperatures persist during a power outage. A full freezer has the most frozen contents, which act as a heat sink and slow warming. With the door kept shut, heat leaks in slowly, so the interior stays at safe temperatures for about two days. A half-full chest freezer has less thermal mass, so it warms up faster, around one day. A cooler or fridge relies on whatever cold is left and any ice packs, so it stays safe for roughly four hours. A pantry shelf isn't insulated and warms quickly, about twelve hours. Therefore, the full freezer maintains safe cold temperatures the longest.

9. Honey has been linked to which botulism risk?

A. Infant botulism

B. Foodborne botulism

C. Wound botulism

D. Inhalational botulism

*Honey can harbor *Clostridium botulinum* spores. In babies, the gut flora isn't fully developed to suppress these spores, so they can germinate in the intestines and produce toxin there, causing infant botulism. Adults and older children have more mature gut flora that generally prevents this, so honey isn't a typical risk for them. Heating honey doesn't reliably destroy the spores, so the safest guidance is to avoid giving honey to infants under one year. Other forms of botulism—foodborne, wound, and inhalational—have different sources and aren't linked to honey in infancy.*

10. Which environmental factor indicates how clear the water is?

A. Water clarity/turbidity.

B. Water salinity.

C. Chlorine residual.

D. pH level.

Water clarity is indicated by turbidity, which measures how much suspended material or particles are in the water and thus how clouded it appears. A higher turbidity means cloudier water, while low turbidity means clearer water. Turbidity is commonly measured with a nephelometer and reported in NTU (nephelometric turbidity units). In drinking water, keeping turbidity very low is important because particles can harbor or shield microorganisms from disinfectants. The other factors—salinity (salt content), chlorine residual (disinfectant level), and pH (acidity/alkalinity)—do not directly reflect how clear the water is.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ciphiboc.examzify.com>

We wish you the very best on your exam journey. You've got this!

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