

# HOSA Health Care Issues Juniors Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

SAMPLE

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

SAMPLE

## **Questions**

SAMPLE

- 1. What are possible reasons for the impact of coronavirus on the kidneys?**
  - A. The virus causes dehydration**
  - B. The virus directly attacks the kidneys**
  - C. The kidneys have excess blood flow**
  - D. The virus enhances kidney function**
  
- 2. What action would lead to a fine in Taiwan?**
  - A. Not wearing a mask**
  - B. Absconding**
  - C. Violating curfew**
  - D. Ignoring public health advice**
  
- 3. What is "silent transmission" most notably responsible for during COVID-19 outbreaks?**
  - A. For underreporting of cases**
  - B. For over 50% of the infections**
  - C. For rapid spread in densely populated areas**
  - D. For the mutation of the virus**
  
- 4. According to the WHO director, what group of people should wear masks where social distancing cannot be maintained?**
  - A. Children under age 12**
  - B. People aged 60 or with underlying medical conditions**
  - C. Healthcare workers only**
  - D. People living in crowded areas**
  
- 5. At the beginning of August 2020, how many Coronavirus cases had the U.S. surpassed?**
  - A. 4 million cases**
  - B. 5 million cases**
  - C. 6 million cases**
  - D. 7 million cases**

**6. Which six states reported the largest increases in COVID-19 cases among children in early September?**

- A. Ohio, Idaho, Texas, Florida, California, Oregon**
- B. Indiana, Kentucky, Missouri, Montana, North Dakota, South Dakota**
- C. Michigan, Virginia, New York, Illinois, Wisconsin, Pennsylvania**
- D. Georgia, Arizona, Nevada, New Jersey, Maryland, North Carolina**

**7. What did Dr. Fauci say about the handling of the COVID-19 pandemic?**

- A. It has been handled perfectly in the U.S.**
- B. It is a "protean manifestation"**
- C. Other countries have failed in their responses**
- D. The U.S. has no significant concerns**

**8. From late July to the beginning of September, what was the average number of daily cases in New York?**

- A. Around 500**
- B. Around 660**
- C. Around 800**
- D. Around 900**

**9. What was a significant action taken by the government regarding COVID-19 vaccines?**

- A. The approval of a new vaccine for children**
- B. Investing 11 million dollars to support vaccine trials**
- C. Free vaccines distributed to the entire population**
- D. Mandatory vaccination laws for all citizens**

**10. What is ALS?**

- A. A neurodegenerative disorder affecting the brain**
- B. A progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord**
- C. A type of autoimmune disease**
- D. A genetic disorder that affects muscles**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. What are possible reasons for the impact of coronavirus on the kidneys?

- A. The virus causes dehydration
- B. The virus directly attacks the kidneys**
- C. The kidneys have excess blood flow
- D. The virus enhances kidney function

The correct answer reflects a critical understanding of how the coronavirus, particularly SARS-CoV-2, can affect various organs, including the kidneys. Research has shown that the virus can directly infect kidney cells, leading to inflammation and potential damage. The presence of angiotensin-converting enzyme 2 (ACE2), which serves as a receptor for the virus, in kidney tissues indicates that the kidneys are indeed vulnerable to direct viral invasion. This direct attack can lead to acute kidney injury and other complications associated with severe COVID-19 infection. Understanding this mechanism is essential for professionals in the health care field, as it highlights the need for monitoring kidney function in patients with COVID-19 and directs management strategies to mitigate renal complications. Other options do not appropriately capture the relationship between COVID-19 and kidney health. For instance, while dehydration can occur as a result of illness, it is not a direct impact of the virus on the kidneys. The notion of kidneys having excess blood flow is also misleading when discussing disease processes, as it does not pertain to the specific pathological impacts of COVID-19. Lastly, the idea that the virus enhances kidney function contradicts the established understanding of COVID-19's effects, as it typically impairs, rather than enhances,

## 2. What action would lead to a fine in Taiwan?

- A. Not wearing a mask
- B. Absconding**
- C. Violating curfew
- D. Ignoring public health advice

The correct action that would lead to a fine in Taiwan is the violation of public health measures, particularly not wearing a mask. Throughout the ongoing efforts to control infectious diseases, especially during health crises like the COVID-19 pandemic, Taiwan has implemented strict public health regulations, including the requirement to wear masks in certain situations to prevent transmission. Failure to adhere to such regulations can result in fines, as the government seeks to enforce compliance to protect public health. This reflects a proactive approach to managing health risks in the community, emphasizing the importance of following established health guidelines to safeguard both individual and public well-being. While absconding and violating curfews may also carry legal consequences, the specific context of public health measures in Taiwan underscores the significance of wearing masks as vital in controlling the spread of diseases, making it the appropriate action that could lead to a penalty.

**3. What is "silent transmission" most notably responsible for during COVID-19 outbreaks?**

- A. For underreporting of cases**
- B. For over 50% of the infections**
- C. For rapid spread in densely populated areas**
- D. For the mutation of the virus**

Silent transmission refers to the spread of a virus by individuals who are infected but do not exhibit any noticeable symptoms. In the context of COVID-19 outbreaks, this type of transmission is particularly significant as it allows the virus to spread undetected within communities. Research indicates that silent, or asymptomatic, carriers can account for over 50% of infections, facilitating rapid propagation of the virus before individuals are aware they are infected. This phenomenon complicates efforts to control the outbreak, as many infected individuals may not seek testing or quarantine, leading to a larger pool of cases that can transmit the virus to others. Recognizing the role of silent transmission has been crucial for public health strategies, as it underscores the importance of widespread testing, contact tracing, and the use of preventative measures, even among those who feel well.

**4. According to the WHO director, what group of people should wear masks where social distancing cannot be maintained?**

- A. Children under age 12**
- B. People aged 60 or with underlying medical conditions**
- C. Healthcare workers only**
- D. People living in crowded areas**

The recommendation from the World Health Organization (WHO) regarding mask-wearing pertains to individuals at higher risk of severe outcomes from COVID-19, particularly those aged 60 and older or those with underlying medical conditions. This guidance emphasizes the importance of protecting vulnerable populations who may face significant health risks if they contract the virus. Masks serve as an additional protective layer, especially in situations where social distancing is difficult to maintain, thereby helping to reduce transmission. The focus on older individuals and those with pre-existing medical issues stems from research demonstrating their increased susceptibility to serious illness, complications, and mortality associated with the virus. Therefore, promoting mask use in these groups is a public health strategy aimed at safeguarding those most likely to suffer severe consequences, thereby also helping to reduce overall community spread. In contrast, while children and healthcare workers have specific mask guidelines depending on circumstances, the broader public health messaging prioritizes the safety of high-risk populations. Furthermore, the recommendation for individuals living in crowded areas aligns with general public health practices regarding mask use but does not specifically target the most vulnerable demographic like the correct answer does.

**5. At the beginning of August 2020, how many Coronavirus cases had the U.S. surpassed?**

- A. 4 million cases**
- B. 5 million cases**
- C. 6 million cases**
- D. 7 million cases**

By the beginning of August 2020, the U.S. had indeed surpassed 5 million confirmed cases of coronavirus. The timeline of the pandemic saw a rapid increase in case numbers throughout the summer months, making it a significant moment as the nation dealt with rising infections. It is crucial to understand the context of the public health response and the impact of the virus during that period, which led to this milestone being reached. The answer reflects the growing public health crisis at that time, marked by increased testing and reporting of cases.

**6. Which six states reported the largest increases in COVID-19 cases among children in early September?**

- A. Ohio, Idaho, Texas, Florida, California, Oregon**
- B. Indiana, Kentucky, Missouri, Montana, North Dakota, South Dakota**
- C. Michigan, Virginia, New York, Illinois, Wisconsin, Pennsylvania**
- D. Georgia, Arizona, Nevada, New Jersey, Maryland, North Carolina**

The selection of Indiana, Kentucky, Missouri, Montana, North Dakota, and South Dakota as the states reporting the largest increases in COVID-19 cases among children aligns with observed trends during that specific time in early September. These states, particularly in the Midwest and areas with smaller populations, experienced significant spikes in transmission rates for young individuals, largely influenced by a combination of factors such as seasonal school reopenings and lower vaccination rates among children compared to adults. In contrast, other options included states like Texas and California, which, while experiencing COVID-19 cases, did not report the same magnitude of increase among the pediatric population during that period. This correlates with the national focus on specific regions where surges were particularly acute, influencing the selection of certain states over others. Understanding state-level data and trends can help frame the public health response in the context of vaccination strategies and mitigation efforts tailored to high-risk areas during surges.

**7. What did Dr. Fauci say about the handling of the COVID-19 pandemic?**

- A. It has been handled perfectly in the U.S.**
- B. It is a "protean manifestation"**
- C. Other countries have failed in their responses**
- D. The U.S. has no significant concerns**

Dr. Fauci referred to COVID-19 as a "protean manifestation" to convey the idea that the virus is complex and constantly evolving. This term illustrates the challenges presented by the pandemic, as the virus can change in its behavior and impact, leading to varying responses and strategies for management. By characterizing the pandemic in this way, he emphasizes the need for adaptive approaches in public health to deal with the dynamic nature of the outbreak. This perspective encourages ongoing research, flexibility in policies, and collaboration among health experts to effectively address the changing circumstances surrounding COVID-19. The use of the term underscores the importance of understanding that the pandemic is not a straightforward issue but one that requires careful analysis and response strategies that can evolve over time.

**8. From late July to the beginning of September, what was the average number of daily cases in New York?**

- A. Around 500**
- B. Around 660**
- C. Around 800**
- D. Around 900**

Selecting the choice of around 660 as the average number of daily cases in New York from late July to the beginning of September aligns with data trends observed during that period. During this time frame, many health departments and analysts tracked COVID-19 cases and identified that the daily counts displayed a fluctuating trend, often averaging in the mid to high 600s. This average number reflects the overall intensity of the pandemic during that time and takes into account various factors such as local outbreaks, testing availability, and reporting practices. The number also represents a period in which restrictions and health advisories were still being implemented as vaccination efforts progressed, influencing the spread of the virus and case reporting. To sum up, the average of around 660 daily cases illustrates a realistic representation of the situation in New York during the late summer period, considering the rise in cases that were noted due to different variants and changing public health measures.

**9. What was a significant action taken by the government regarding COVID-19 vaccines?**

- A. The approval of a new vaccine for children**
- B. Investing 11 million dollars to support vaccine trials**
- C. Free vaccines distributed to the entire population**
- D. Mandatory vaccination laws for all citizens**

The approval of significant investments to support vaccine trials was crucial in expediting the development and distribution of COVID-19 vaccines. Government funding played a vital role in conducting research, ensuring the safety and efficacy of vaccines, and facilitating rapid clinical trials. This financial backing allowed pharmaceutical companies to allocate resources more effectively, accelerate the development process, and eventually bring effective vaccines to market more quickly. In the context of the choices provided, this action reflects the proactive measures taken by governments to combat the pandemic by ensuring that vaccines could be developed in a timely and scientifically sound manner. Such efforts were essential in the overall response to COVID-19, leading to the eventual availability of safe vaccines to the public.

**10. What is ALS?**

- A. A neurodegenerative disorder affecting the brain**
- B. A progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord**
- C. A type of autoimmune disease**
- D. A genetic disorder that affects muscles**

Amyotrophic lateral sclerosis (ALS) is indeed a progressive neurodegenerative disease that specifically targets the motor neurons in the brain and spinal cord. Over time, this leads to a decline in the ability to initiate and control muscle movement. As the disease advances, patients experience increasing muscle weakness and atrophy, ultimately affecting their ability to perform everyday tasks such as speaking, swallowing, and breathing. While it is true that ALS affects the brain, focusing solely on the brain does not encompass the full scope of the disease, which also prominently involves the spinal cord and ultimately impacts all voluntary muscle control. This is why the reference to both the brain and spinal cord is critical for understanding the complete nature of ALS. The distinction between ALS and autoimmune diseases or genetic disorders lies in its mechanism; ALS is not classified as an autoimmune disorder where the immune system attacks healthy cells and it does not solely arise from genetic mutations, although some familial forms of ALS have been identified. Recognizing ALS as a progressive neurodegenerative disease captures its pathophysiology and clinical presentation accurately.

# 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](mailto:hello@examzify.com).**

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

**<https://hosahealthcareissuesjr.examzify.com>**

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

**SAMPLE**