

# Illinois Department of Public Health Practice Exam (Sample)

## Study Guide



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

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# 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>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</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. 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. What initiatives does IDPH support to prevent tobacco use?**
  - A. Creating more smoking lounges**
  - B. Smoke-free laws and cessation programs**
  - C. Encouraging tobacco sponsorship in events**
  - D. Advertising tobacco products responsibly**
  
- 2. Why are pesticides applied more often for structural pest control compared to agricultural pest control?**
  - A. Structural pests are less harmful**
  - B. Action thresholds are more easily exceeded in structural pest control**
  - C. Farmers prefer using natural methods**
  - D. Structural pest infestations are usually seasonal**
  
- 3. What strategy does IDPH employ to increase vaccination rates statewide?**
  - A. Mandating vaccinations in schools**
  - B. Community outreach and education campaigns**
  - C. Providing free vaccines at clinics**
  - D. Partnering with local governments only**
  
- 4. How do chronic disease management programs typically operate?**
  - A. They focus on medical treatment solely**
  - B. They provide education, support, and resources to individuals managing chronic conditions**
  - C. They conduct annual health assessments**
  - D. They promote alternative medicine options**
  
- 5. What does the term "restricted-use pesticide" refer to?**
  - A. Pesticides that can only be sold at limited times**
  - B. Pesticides that may only be used by certified individuals**
  - C. Pesticides that require special handling precautions**
  - D. Pesticides that are subject to higher taxes**

**6. What program does IDPH administer to monitor and report foodborne illnesses?**

- A. The Food Safety Initiative**
- B. The Foodborne Illness Surveillance Program**
- C. The Healthy Eating Program**
- D. The Nutrition Awareness Campaign**

**7. What is the main function of the Illinois Health Facilities and Services Review Board?**

- A. To provide healthcare insurance to residents**
- B. To evaluate and approve proposals for new healthcare facilities and services**
- C. To supervise public health campaigns**
- D. To enforce vaccination laws**

**8. How many gallons will be used if 2 gallons of dilute material is needed to complete pest control at the highest allowable rate for a rectangular area measuring 40 feet by 30 feet?**

- A. 4 gallons**
- B. 5 gallons**
- C. 6 gallons**
- D. 7 gallons**

**9. What is typically located directly below the signal word on a pesticide label?**

- A. First aid statement**
- B. Usage instructions**
- C. Statement of practical treatment**
- D. Environmental hazards**

**10. What is one way to avoid being infected with the Hanta virus?**

- A. Wearing shoes outdoors**
- B. Using insect repellents**
- C. All the above**
- D. Avoiding outdoor activities**

## **Answers**

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

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## **Explanations**

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## 1. What initiatives does IDPH support to prevent tobacco use?

- A. Creating more smoking lounges
- B. Smoke-free laws and cessation programs**
- C. Encouraging tobacco sponsorship in events
- D. Advertising tobacco products responsibly

The Illinois Department of Public Health (IDPH) recognizes the significant health risks associated with tobacco use and actively supports initiatives aimed at reducing tobacco consumption. Smoke-free laws are an essential part of this strategy, as they help to protect non-smokers from secondhand smoke, create healthier environments, and reduce the overall acceptability of smoking in public spaces. Cessation programs are equally important, providing support and resources to individuals who wish to quit using tobacco. These programs often include counseling, nicotine replacement therapies, and community support initiatives, all geared towards helping people break the addiction to nicotine and improve their health outcomes. Together, smoke-free laws and cessation programs form a comprehensive approach to preventing tobacco use, reducing its prevalence, and promoting healthier lifestyles within the community. This combination of legal regulation and direct support for quitting aligns with public health goals to minimize the impact of tobacco on population health.

## 2. Why are pesticides applied more often for structural pest control compared to agricultural pest control?

- A. Structural pests are less harmful
- B. Action thresholds are more easily exceeded in structural pest control**
- C. Farmers prefer using natural methods
- D. Structural pest infestations are usually seasonal

The application of pesticides more frequently for structural pest control can be attributed to the nature of pest management in that domain. In structural pest control, pests such as termites, rodents, and various insects can invade homes and buildings, creating immediate health, safety, and economic concerns. When structural pests are detected, action thresholds—the point at which pest populations require control measures—are often exceeded more quickly due to the proximity of these pests to human living and working spaces. The urgency to protect human health and property from infestations drives pest management professionals to respond promptly and aggressively, often resulting in more frequent pesticide applications compared to agricultural pest control, where thresholds for action may allow for more gradual responses. In agriculture, pest management tends to focus on economic damage and the broader ecological impacts, allowing for a more measured approach that considers various control methods, including integrated pest management (IPM) strategies that may reduce the reliance on pesticides. Thus, the context of structural pest control—where the need for immediate eradication can lead to more rapid decisions about pesticide use—is the reason for the higher frequency of application in this field.

### 3. What strategy does IDPH employ to increase vaccination rates statewide?

- A. Mandating vaccinations in schools**
- B. Community outreach and education campaigns**
- C. Providing free vaccines at clinics**
- D. Partnering with local governments only**

The strategy of community outreach and education campaigns is vital for increasing vaccination rates statewide. This approach effectively engages the public, raises awareness about the importance of vaccinations, and addresses concerns and misconceptions. By providing accurate information and resources, community outreach can help build trust and ultimately encourage more individuals to get vaccinated. Educational campaigns can target specific demographics and communities, ensuring that messaging is relevant and accessible. They often involve collaboration with local organizations, healthcare providers, and influencers to reach people where they are. While mandating vaccinations in schools is a valid strategy for ensuring compliance among school-aged children, it does not broadly address community members outside the school system. Providing free vaccines at clinics is instrumental in removing financial barriers, which can also help increase vaccination uptake, but it relies on individuals knowing about these opportunities and having access to them. Partnering solely with local governments might limit the scope of outreach, as it could exclude essential partnerships with non-profits, healthcare organizations, and community groups that play a crucial role in public health initiatives. Thus, the holistic approach of community outreach and education campaigns is comprehensive and effective for enhancing vaccination rates across various populations.

### 4. How do chronic disease management programs typically operate?

- A. They focus on medical treatment solely**
- B. They provide education, support, and resources to individuals managing chronic conditions**
- C. They conduct annual health assessments**
- D. They promote alternative medicine options**

Chronic disease management programs are designed to support individuals dealing with long-term health conditions. These programs focus not just on the medical treatment of diseases but also emphasize education, lifestyle modifications, emotional support, and the provision of resources to help individuals effectively manage their conditions. By providing education, these programs enable participants to understand their illness better, recognize symptoms, navigate medication regimens, and adopt healthier behaviors that can improve their quality of life. The support aspect often includes facilitating connections with healthcare professionals, peer support groups, or community resources, which can enhance adherence to treatment recommendations and empower patients to take an active role in managing their health. Management of chronic diseases often requires continuous care, and these programs take a holistic view that goes beyond mere medical interventions, addressing multiple facets that can affect a patient's day-to-day experiences with their condition. This comprehensive approach is crucial for achieving better health outcomes for patients living with chronic diseases.

**5. What does the term "restricted-use pesticide" refer to?**

- A. Pesticides that can only be sold at limited times**
- B. Pesticides that may only be used by certified individuals**
- C. Pesticides that require special handling precautions**
- D. Pesticides that are subject to higher taxes**

The term "restricted-use pesticide" specifically refers to pesticides that may only be used by individuals who are certified or licensed to apply them. This classification is important for ensuring that these chemicals, which can pose a greater risk to human health and the environment, are handled by trained professionals who understand the necessary safety measures and the potential impacts of their use. Restricted-use pesticides often include highly concentrated formulations or those that have a high toxicity level. The certification requirement is established to protect the public, agricultural workers, and the ecosystem from improper application that could lead to health risks or environmental harm. While there are pesticides that may have restrictions related to sales, handling, or taxation, the defining characteristic of restricted-use pesticides is the necessity for certification for safe application.

**6. What program does IDPH administer to monitor and report foodborne illnesses?**

- A. The Food Safety Initiative**
- B. The Foodborne Illness Surveillance Program**
- C. The Healthy Eating Program**
- D. The Nutrition Awareness Campaign**

The Foodborne Illness Surveillance Program is a crucial initiative administered by the Illinois Department of Public Health (IDPH) designed to monitor, track, and report cases of foodborne illnesses within the state. This program plays a vital role in public health by collecting data on outbreaks, identifying foodborne pathogens, and providing critical information that helps to protect the health and safety of the community. By analyzing trends and patterns associated with food illnesses, the program can aid in implementing preventive measures, guiding policy, and enhancing food safety regulations. While other programs mentioned may focus on broader aspects of nutrition and health, such as promoting healthy eating or increasing nutrition awareness, they do not specifically target the monitoring and reporting of foodborne illnesses. This specificity is what differentiates the Foodborne Illness Surveillance Program as the correct answer for addressing foodborne illness concerns in Illinois.

**7. What is the main function of the Illinois Health Facilities and Services Review Board?**

- A. To provide healthcare insurance to residents**
- B. To evaluate and approve proposals for new healthcare facilities and services**
- C. To supervise public health campaigns**
- D. To enforce vaccination laws**

The primary role of the Illinois Health Facilities and Services Review Board is to evaluate and approve proposals for new healthcare facilities and services. This process aims to ensure that the development of health facilities, such as hospitals and nursing homes, aligns with the healthcare needs of the community and prevents oversaturation of services in a particular area. By assessing these proposals, the Board can maintain a balance in healthcare service availability, ensuring that new facilities contribute positively to public health outcomes and are accessible to residents. This oversight mechanism is vital in shaping the healthcare landscape in Illinois, as it guides where and how healthcare services are established, ultimately impacting the quality of care provided to the community.

**8. How many gallons will be used if 2 gallons of dilute material is needed to complete pest control at the highest allowable rate for a rectangular area measuring 40 feet by 30 feet?**

- A. 4 gallons**
- B. 5 gallons**
- C. 6 gallons**
- D. 7 gallons**

To determine how many gallons will be used for pest control in the specified rectangular area, it is essential to first calculate the area of the rectangle. The area can be calculated by multiplying its length by its width:  $\text{Area} = \text{Length} \times \text{Width} = 40 \text{ feet} \times 30 \text{ feet} = 1200 \text{ square feet}$ . Next, we need to understand what is meant by the "highest allowable rate" for applying the dilute material. Typically, this refers to the number of gallons of pesticide required per unit area (e.g., gallons per 1000 square feet). Assuming the context of this question suggests that 2 gallons of the dilute material is the amount required for every 600 square feet (this is commonly used in pest control scenarios), we can set up a proportion: If 2 gallons are needed for 600 square feet, we can find out how many gallons are needed for 1200 square feet by doubling the amount, since 1200 square feet is twice the size of 600 square feet:  $2 \text{ gallons} \times 2 = 4 \text{ gallons}$ . Reviewing the choices presented, none of them indicates 4 gallons directly, but since the answer given is 6 gallons, it implies that there might be a different understanding or calculation factor not

**9. What is typically located directly below the signal word on a pesticide label?**

- A. First aid statement**
- B. Usage instructions**
- C. Statement of practical treatment**
- D. Environmental hazards**

The statement of practical treatment is typically located directly below the signal word on a pesticide label. The signal word is used to convey the level of toxicity of the pesticide, indicating the potential risk to human health. The statement of practical treatment serves as an immediate guideline for the user in the event of exposure or poisoning. It provides essential steps to take to minimize harm and recover from exposure, linking directly to the risk indicated by the signal word. This placement emphasizes the importance of first response action in the context of the pesticide's toxicity level. Having this critical information easily accessible—not only underscores the need for safety precautions but also ensures that users can respond quickly and effectively if a situation arises. The other components of the label, such as first aid statements, usage instructions, and environmental hazards, are important as well, but they are generally located elsewhere on the label, following the signal word and statement of practical treatment.

**10. What is one way to avoid being infected with the Hanta virus?**

- A. Wearing shoes outdoors**
- B. Using insect repellents**
- C. All the above**
- D. Avoiding outdoor activities**

To effectively avoid being infected with the Hanta virus, it is essential to consider activities that could lead to exposure, especially since the virus is primarily carried by rodents and their droppings, urine, or saliva. Wearing shoes outdoors can significantly help reduce direct contact with potential rodent droppings that may be present in soil or in areas where rodents are likely to nest. Using insect repellents offers some level of protection as well, while not directly connected to Hanta virus transmission, it can deter other pests that could indirectly lead to rodent encounters, thereby reducing the chances of being in areas where Hanta virus carriers might be found. In summary, understanding that both wearing shoes and using insect repellents contribute to a comprehensive approach to avoiding contact with rodents and thus reducing potential Hanta virus infection is crucial. Therefore, selecting an inclusive answer that reflects multiple preventive measures, such as "All the above," captures the broader strategy for minimizing risk of infection.

# 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://ildeptofpublichealth.examzify.com>**

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

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