

PUBLIC HEALTH JOURNEYMAN PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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 set of elements is typically included in a public health emergency operations plan?**
 - A. Incident command structure, resource management, information/communication, logistics, finance, operations, planning, and continuity.
 - B. Marketing campaigns, brand development, public relations.
 - C. Human resources and payroll.
 - D. Public education campaigns only.
- 2. How is endemic typhus (murine typhus) transmitted?**
 - A. Bite of a flea.
 - B. Flea eggs laid in an open wound.
 - C. Feces of a flea rubbed into a wound.
 - D. Flea vomitus rubbed into an open wound.
- 3. What is the number one cause of skin disease in the field?**
 - A. Improper base sanitation.
 - B. Improper hand washing technique.
 - C. Breakdowns in basic personal hygiene and sanitation.
 - D. Breakdowns in personal hygiene and proper food storage.
- 4. Trinitrotoluene (TNT), C-4, and nitroglycerin are all examples of what category of explosives?**
 - A. Low-order explosive.
 - B. High explosive.
 - C. Incendiary.
 - D. Improvised.
- 5. What is confidentiality and why is it critical in public health data collection?**
 - A. Public sharing of all data to improve research.
 - B. Data collection without consent is acceptable.
 - C. Privacy of identifiable information; crucial to maintain trust and comply with law.
 - D. Confidentiality refers to keeping financial records.

- 6. Which mosquito genus deposits eggs that form rafts floating on water?**
- A. Aedes
 - B. Culex
 - C. Anopheles
 - D. Mansonia
- 7. Which organism is used as a biological control for mosquitoes in the base pond?**
- A. Filling in the low-lying areas with dirt.
 - B. Spraying the base with low doses of malathion.
 - C. Depositing larvacide in the stagnant water areas.
 - D. Gambusia minnows in the base pond.
- 8. Which statement best describes statistical power in hypothesis testing?**
- A. The probability of observing a result as extreme by chance.
 - B. Probability of detecting a true effect.
 - C. The probability that the null hypothesis is true.
 - D. The probability of a Type I error.
- 9. Which statement is false about the primary states of chemical warfare agents?**
- A. Gaseous.
 - B. Plasma.
 - C. Liquid.
 - D. Solid.
- 10. Who makes evaluations and recommendations regarding any food suspected of being unfit for human consumption?**
- A. Food facility employees.
 - B. Food facility supervisors.
 - C. Public Health officer.
 - D. Vendor.

Answers

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

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Explanations

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1. Which set of elements is typically included in a public health emergency operations plan?

- A. Incident command structure, resource management, information/communication, logistics, finance, operations, planning, and continuity.**
- B. Marketing campaigns, brand development, public relations.
- C. Human resources and payroll.
- D. Public education campaigns only.

Public health emergency operations plans rely on a standardized command and control framework that clearly defines roles and how information and resources move during a crisis. The best set includes the incident command structure to establish a clear chain of command, plus the essential support functions: resource management for tracking personnel and supplies, information and communication to share accurate public and partner information, logistics to provide the needed services and equipment, finance to manage funding and procurement, operations to carry out response activities, planning to develop and adjust incident action plans, and continuity to keep essential public health functions active despite disruptions. Together these elements ensure a coordinated, efficient response across agencies. Choices that focus only on marketing, internal HR/payroll, or public education campaigns lack the breadth required to govern a multi-agency emergency and would miss critical support functions like logistics, finance, and continuity.

2. How is endemic typhus (murine typhus) transmitted?

- A. Bite of a flea.
- B. Flea eggs laid in an open wound.
- C. Feces of a flea rubbed into a wound.**
- D. Flea vomitus rubbed into an open wound.

Endemic typhus is transmitted by flea feces, not by the bite itself. Infected fleas (often the rat flea) carry the bacteria in their gut. When the flea feeds, it defecates, leaving feces that contain the organism. If those flea feces are scratched or rubbed into a skin wound or mucous membrane, the bacteria can enter the body and cause infection. So the key idea is that infection occurs from contaminated flea feces entering through a break in the skin, rather than from the bite alone. Flea eggs or flea vomitus aren't the transmission route for this disease, and while a bite might occur, it is the fecal contamination that matters for establishing infection.

3. What is the number one cause of skin disease in the field?

- A. Improper base sanitation.
- B. Improper hand washing technique.
- C. Breakdowns in basic personal hygiene and sanitation.**
- D. Breakdowns in personal hygiene and proper food storage.

Breakdowns in basic personal hygiene and sanitation drive skin disease in field settings because the skin's barrier is constantly exposed to environmental pathogens, and daily hygiene plus environmental cleanliness directly reduce that exposure. When people can't bathe regularly, change into clean clothes, care for wounds promptly, or manage waste and latrines properly, skin infections spread more easily and become common. Field conditions—hot, humid climates, crowded living spaces, shared gear, and limited water or soap—amplify this risk, so preserving routine hygiene and sanitation has a broad protective effect. The other options miss this broad, everyday influence: base sanitation alone doesn't capture the personal and environmental practices that prevent skin disease; hand-washing technique is a single aspect, not the whole picture; and linking breakdowns to proper food storage introduces factors more related to food safety than skin infections.

4. Trinitrotoluene (TNT), C-4, and nitroglycerin are all examples of what category of explosives?

- A. Low-order explosive.
- B. High explosive.**
- C. Incendiary.
- D. Improvised.

High explosives are defined by their tendency to detonate, producing a supersonic shock wave rather than burning or deflagrating. TNT, C-4, and nitroglycerin all fit this description because they explode when initiated, releasing energy rapidly and with significant destructive force. This rapid detonation is the defining feature that separates them from low explosives, which burn quickly but do not generate the same blast shock. Incendiaries are designed to start fires rather than create a blast, and "improvised" describes how a device is assembled rather than the chemical class of the explosive. So, the category that best fits TNT, C-4, and nitroglycerin is high explosives.

5. What is confidentiality and why is it critical in public health data collection?

- A. Public sharing of all data to improve research.
- B. Data collection without consent is acceptable.
- C. Privacy of identifiable information; crucial to maintain trust and comply with law.**
- D. Confidentiality refers to keeping financial records.

Confidentiality means protecting the privacy of individuals' identifiable information in public health data collection. This involves safeguarding who can access data, how it's stored, and what information is shared, ensuring that identifying details are kept confidential and used only for approved purposes. Why this matters: protecting confidentiality is essential for ethical practice and legal compliance. When people know their information won't be disclosed in ways that could identify them, they're more willing to participate honestly, which improves the accuracy and usefulness of surveillance and research. It also aligns with laws and regulations that govern health information, and it helps maintain public trust in health programs. Supportive practices include limiting access to data, de-identifying or coded data, secure storage, and clear data-use agreements. These safeguards allow public health agencies to monitor, prevent, and respond to health issues effectively while respecting individuals' privacy. Other options misstate or ignore this protection: sharing all data publicly risks identifying people; collecting data without consent breaches ethics and law; and confidentiality is not about keeping financial records.

6. Which mosquito genus deposits eggs that form rafts floating on water?

- A. Aedes
- B. Culex**
- C. Anopheles
- D. Mansonia

Egg-laying patterns among mosquitoes vary, and some genera form floating rafts of eggs on the water surface. The genus that deposits eggs in such rafts is Culex. Their eggs are laid together in a single, buoyant raft that sits on the water, and when the habitat floods, the entire raft hatches. This contrasts with Anopheles, which lays eggs singly on water rather than in a raft, and with Aedes, which typically lays eggs on damp surfaces in containers rather than as a surface-floating raft. Mansonia has a different oviposition strategy tied to aquatic vegetation. So, the raft-forming eggs point to Culex.

7. Which organism is used as a biological control for mosquitoes in the base pond?

- A. Filling in the low-lying areas with dirt.
- B. Spraying the base with low doses of malathion.
- C. Depositing larvicide in the stagnant water areas.

D. Gambusia minnows in the base pond.

Biological control relies on a living organism to reduce a pest population. For mosquitoes in a base pond, introducing Gambusia minnows, or mosquito fish, provides a natural predator that feeds on mosquito larvae in the water. By consuming the larvae as they develop, these fish help lower the number of mosquitoes that survive to adulthood, making them an effective, targeted approach in stagnant, aquatic habitats where larvae concentrate. They're often preferable to broad-spectrum chemicals because they act specifically on the larval stage and can persist in the environment without repeated chemical applications. The other options don't fit this concept: altering the landscape changes habitat rather than adding a living control agent, spraying a chemical insecticide kills insects but isn't a biological control, and applying a larvicide that's not an organism also doesn't involve introducing a living predator to the pond.

8. Which statement best describes statistical power in hypothesis testing?

- A. The probability of observing a result as extreme by chance.
- B. Probability of detecting a true effect.**
- C. The probability that the null hypothesis is true.
- D. The probability of a Type I error.

Statistical power is the probability that a hypothesis test will correctly reject the null hypothesis when a real effect exists. In other words, it's the chance of detecting a true difference or association if it really is there, and it equals 1 minus beta (the probability of a Type II error). Power increases with larger true effect sizes, larger sample sizes, less variability in the data, and, to some extent, a higher alpha level (though that also raises the chance of false positives). A common target is 0.80, meaning an 80% chance of detecting the effect if it truly exists. This concept is not about the probability that the null is true, nor about observing results by chance under the null, nor about the Type I error rate (alpha).

9. Which statement is false about the primary states of chemical warfare agents?

- A. Gaseous.
- B. Plasma.**
- C. Liquid.
- D. Solid.

CWAs come in three main physical forms when they're encountered: gas, liquid, and solid. The way these agents spread and contaminate depends on their volatility and environmental conditions, which determines whether they appear as a vapor, a surface-contaminating liquid, or a residue. Plasma, on the other hand, is an ionized gas that requires extreme energy to form and is not a typical or practical state for dissemination of chemical warfare agents. So claiming plasma as a primary state isn't correct. The familiar states—gas, liquid, and solid—are the ones that describe how CWAs exist and behave in real-world scenarios.

10. Who makes evaluations and recommendations regarding any food suspected of being unfit for human consumption?

- A. Food facility employees.
- B. Food facility supervisors.
- C. Public Health officer.
- D. Vendor.

When there is suspicion that a food is not fit for consumption, the evaluation and official recommendations come from a Public Health officer. This person has the authority and training to review evidence of spoilage or contamination, inspect facilities, interpret laboratory results, and determine the level of risk to consumers. They issue formal directives such as stop-sale orders, recalls, or disposal guidance, and they coordinate necessary corrective actions with the facility. Facility staff and supervisors are essential for safe operations and reporting concerns, but they don't make official safety determinations or public health recommendations. Vendors provide goods and information but do not determine safety actions.

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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://publichealthjourneyman.examzify.com>

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

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