
## SW2 - Respiratory Hygiene Quiz

### Quiz: Respiratory Hygiene

Please tick as many answers as appropriate

How can you spread microbes to others? (3 points)

* Touching
* Sleeping
* Sneezing
* Coughing

After we sneeze into our hands, we should: (2 points)

* Wash our hands
* Dry our hands on our clothes
* Take antibiotics
* None of the above is necessary

If you do not have a tissue available, the next best option is to sneeze: (1 point)

* Into your hands
* Into your sleeve
* Into an empty space
* Onto your desk

The best way to stop microbes from spreading is: (2 points)

* To use your hand to cover your sneeze
* To use a tissue to cover your sneeze
* To use a sleeve if you haven’t got a tissue
* To drink plenty of fluids

What should you do with a tissue after sneezing into it? (1 point)

* Put it in your pocket for next time
* Put it straight in the bin
* Put it up your sleeve for next time
* Any of the above

What might happen if we don’t wash our hands after sneezing into them? (1 point)

* Nothing
* Transfer harmful microbes to other people
* Help protect our microbes