

## SW1 - Hand Hygiene Quiz

Quiz: Hand Hygiene

Please tick as many answers as appropriate

How can you spread microbes to others? (2 points)

* By touching them
* By looking at them
* By speaking to them on the phone
* By sneezing

Why should we use soap to wash our hands? (2 points)

* It helps remove invisible microbes too small to be seen by our eyes
* It breaks up the oil on our hands which trap microbes
* It keeps our hands moist
* It doesn’t matter if we use soap or not

Which is NOT one of the 6 steps of hand washing? (1 point)

* Palm to palm
* The thumbs
* Arms
* In between fingers

Who might be at risk as a result of you not washing your hands properly? (1 point)

* You
* Your family
* Your friends
* All of the above

When should we wash our hands? (3 points)

* After stroking a pet
* After sneezing or coughing
* After watching TV
* After using the bathroom or changing a soiled nappy

How can you stop harmful microbes from spreading? (2 points)

* Do nothing
* Wash hands in water
* Use hand sanitiser if soap and water are not available
* Wash your hands with running water and soap

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

* Wash our hands immediately
* Dry our hands on our clothes
* Take antibiotics
* Put the tissue straight into the bin

How long should we wash our hands for? (1 point)

* 10 seconds
* 20 seconds (length of Happy birthday song twice)
* 1 minute
* 5 minutes