



# 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