

COVID-19 Specific Advice Quiz

Answer Sheet



Please note that some questions have more than one correct answer

1

What is the minimum distance you should have between people that are not members of your household?

- A.) 2 metres—*minimum, but further away is best*
- B.) None, we can still shake hands if they are washed first
- C.) 3 metres
- D.) 4 metres

2

How can you 'catch' COVID-19? (Mark all that are true)

- A.) Eating contaminated food
- B.) From food packaging—*this is low risk, unless someone has recently coughed or sneezed over the packaging or touched with contaminated hands*
- C.) Close contact with someone who has the virus—*this is the main way it is thought to spread. COVID-19 is a respiratory illness*
- D.) From surfaces, door handles, taps etc—*yes, if coughed, sneezed on or touched by someone who has contaminated hands*

3

Which one of these precautions can be put in place to avoid COVID-19?

- A.) Leave non perishable items (e.g. tins) for 72 hours before touching
- B.) Use disinfectant wipes to wipe down items
- C.) Wash hands and surfaces regularly between tasks
- D.) All of the above—*A and B are precautionary as packaging is low risk, C is essential*

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4

How can you keep safe at work during the pandemic?

(Mark all that are true)

- A.) Wash hands regularly for 20 secs in between all tasks
- B.) Share workplaces, devices and food with everyone
- C.) Practice social distancing– stay at least 2m away from everyone
- D.) Clean surfaces, vehicles regularly and between shifts

5

What should visitors be provided with? (Mark all that are true)

- A.) Signs to tell them what to do and where to stand
- B.) A cup of tea and a biscuit
- C.) Essential access only
- D.) Hand washing facilities (or sanitiser) on entry and exit

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6

Which are true? When delivering a parcel or meal, you should...

- A.) Wash hands before and after putting the items in the vehicle and sanitise before removing them and dropping them off
- B.) Leave the items on the doorstep, knock and step back
- C.) Help put shopping away if they are vulnerable
- D.) Sanitise hands after delivery

7

Which of the following is true? If I'm asked to go into a home...

- A.) I can go in if wearing a mask, gloves and apron
- B.) I should advise that I cannot come in, but that I'll get help from 'Support from People'
- C.) I can go in as long as I sanitise my hands
- D.) I can go in if the person is in another room

8

What is the minimum protection I need if making and delivering parcels?

- A.) Gloves
- B.) Gloves and Apron
- C.) Gloves, Mask, Apron
- D.) Effective hand hygiene and social distancing—The latest Health Protection Scotland guidance suggests that PPE is not necessary for low risk tasks; however, staff and volunteers may personally wish to use some of these items. If using gloves then these should be cleaned and changed as often as hands would be washed.