

# Hand Hygiene Quiz

## Question Sheet

Please note that some questions have more than one correct answer

**1**

**What is the minimum time you should wash your hands for?**

- A.) 5 Seconds
- B.) 10 Seconds
- C.) 20 Seconds
- D.) 30 Seconds
- E.) 40 Seconds

**2**

**What infections can you get from poor hand washing?**

- A.) Cold and Flu
- B.) Salmonella
- C.) Sickness and Diarrhoea
- D.) Coronavirus
- E.) All of the above

**3**

**Who might be at risk as a result of you not washing your hands properly?**

- A.) You
- B.) Your family and friends
- C.) Your work colleagues
- D.) People you are delivering or cooking for
- E.) All of the above

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**4**

**What is the main purpose of hand hygiene and hand washing?**

- A.) To reduce micro-organisms (germs) on the hands
- B.) To keep skin healthy
- C.) To prevent the spread of infection
- D.) All of the above

**5**

**Think about your job or role if you are working or volunteering?**

**Consider how you would apply hand hygiene at your workplace or at home.....**

**Is there anything that is stopping you from washing your hands at the correct times?**

*You should discuss your answers to this question with you colleagues and line manager.*