



Quiz: Respiratory Hygiene

Please tick as many answers as appropriate

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

- Touching
- Sleeping
- Sneezing
- Coughing

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

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

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

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

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

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

