The following quiz is a combination of questions including: True or False, Fill in the Blank, Matching, Multiple Choice, and Multiple Answers. It will be indicated above the question if it is multiple answers. Place an “X” next to the best possible answer(s).

1. Acceptable cough etiquette techniques include: (place an “x” next to all that apply)
   ___ a. Cough in hand and wash hands as soon as possible
   ___ b. Cough in your elbow
   ___ c. Cough in a tissue and dispose of promptly
   ___ d. Cough with head pointing toward ground so germs do not spread

2. The ingredients for good health include:
   ___ a. Get 8 hours of sleep per night and eat low fat meals
   ___ b. Eat right, sleep right, exercise right and relax right
   ___ c. Eat right and get your immunizations annually
   ___ d. None of the above

3. Once you turn age 18 immunizations are no longer necessary to protect yourself from diseases/infections.
   ___ True
   ___ False

4. Germs spread easily in healthcare environments because:
   ___ a. People do not know how to properly wash their hands
   ___ b. Germs are small and cannot be easily seen
   ___ c. Germs can survive on a surface for a long period of time
   ___ d. All choices are correct

5. Harmful germs that cause illness are called pathogens.
   ___ True
   ___ False

6. To make us ill, pathogens must find a way into our bodies.
   ___ True
   ___ False

7. Disinfection is the process of sterilizing our environment.
   ___ True
   ___ False
8. One of the worst culprits in the spread of infection in healthcare environments is through resident care supplies.
   ___True  
   ___False  

9. Housekeepers are the only staff allowed to disinfect in a community.
   ___True  
   ___False  

10. Business office equipment such as telephones and copiers need to be wiped down frequently to prevent the spread of infection.
    ___True  
    ___False