Hand Hygiene Quiz Answer Sheet

Correct answers indicated by yellow text

1. There are two ways of performing hand hygiene – alcohol-based hand sanitizer and soap and water.
   a. True
   b. False

2. What is the most important aspect of using soap and water for performing hand hygiene?
   a. Soap
   b. Water
   c. Time
   d. Friction

3. Visibly soiled hands should be cleaned by using:
   a. Alcohol-based hand sanitizer
   b. Soap and water

4. The primary purpose of hand hygiene is to:
   a. Reduce microorganisms on hands
   b. Keep hands clean
   c. Keep nails clean
   d. Maintain skin integrity

5. Hand hygiene is to be performed in which of these situations:
   a. Before and after contact with a resident or their environment
   b. After removing gloves
   c. After touching facemask
   d. All of the above

6. When washing hands, you should turn off the faucet using a paper towel.
   a. True
   b. False

7. The preferred method of hand hygiene for most resident care activities is:
   a. Alcohol-based hand sanitizer
   b. Soap and water

8. It is not necessary to perform hand hygiene between feeding two (2) residents.
   a. True
   b. False

9. Proper technique for using alcohol hand sanitizer includes:
   a. Put enough sanitizer on your hands to cover all surfaces
   b. Rub your hands together, going between fingers, on top of hands, and over thumbs
   c. Continue to rub hands until they feel dry; at least 20 seconds
   d. All of the above

10. Hand hygiene is one of the most important steps that I can do to help protect myself, my residents and my loved ones from infections.
    a. True
    b. False

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