

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

When you walk through your house wearing street shoes, you're tracking in everything you've stepped on outside, including *E. coli* and other bacteria that can cause illness. For the cleanest floors and carpets, leave your outside shoes at the door. If you do wear shoes inside, wash floors and vacuum carpets once a week—or more often if they seem dirty. Answer True or False to the questions below.

1. Sponges and scrubbers provide the warm, moist conditions and trapped food particles on which bacteria thrive.  
T F
2. The most effective way of reducing hand-borne bacteria is to dry thoroughly washed hands on clean paper towels.  
T F
3. When you walk through your house wearing street shoes, you're tracking in everything you've stepped on outside, including *E. coli* and other bacteria that can cause illness.  
T F
4. To prevent cross-contamination, use a different implement (broom, mop, sponges) for each cleaning task in the kitchen and bathroom.  
T F
5. Hand washing is almost always an issue in dementia care.  
T F
6. Running water is not scary for a person with Alzheimer's.  
T F
7. Bath towels harbor bacteria, and can serve as a terry-cloth Petrie dish if they're folded and left in a damp bathroom.  
T F
8. The toothbrush can be sanitized by soaking it in peroxide or antibacterial mouthwash.  
T F
9. Never shake soiled linens because germs may contaminate the floor and be spread throughout the house on the soles of shoes.  
T F
10. Dangerous organisms, such as *Salmonella*, could be multiplying in the vacuum cleaner bag, waiting to be released into the air every time you vacuum.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_