

# 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

Thoroughly washing your hands often is your first line of defense against the spread of germs and viruses causing many illnesses—and not just the common cold. Read the issue and answer True or False to the questions below.

1. The damp, dark nooks and crannies of cleaning rags, sponges and scrubbers are perfect places for dangerous viruses and bacteria to grow.  
T F
2. The most common way that illnesses like colds and flu are spread is when we touch something that carries the virus, then touch our face, eyes, nose or mouth.  
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3. The microwave oven is a great way to disinfect items that are microwave-safe.  
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4. You've got two allies in the fight against germs: your immune system and your hands.  
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5. Washing items in hot water and detergent will kill all germs.  
T F
6. To stay healthy, it's important to keep the immune system functioning well.  
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7. It is especially important to wash hands when returning from a trip outside the house, especially from “high-risk” places like doctor's offices.  
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8. People with weakened immune systems should not empty litter boxes.  
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9. The simplest way to keep the air clean and germ-free is to cover your nose and mouth for every cough and sneeze.  
T F
10. Minor bites from a pet cannot cause an infection.  
T F

Name \_\_\_\_\_

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