

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

Caregivers must also take care that they do not spread their cold or flu to the person in their care. Remember to cover your mouth and nose with a tissue when coughing or sneezing and dispose used tissue in the nearest waste receptacle. Read the issue and answer True or False to the questions below.

1. The Zika virus is transmitted by flies and ticks.
T F
2. The Zika virus can be found in blood, semen, urine, and saliva of infected people, as well as in fluids in the eye.
T F
3. *Standard or Universal Precautions* are practices designed to reduce the spread of disease.
T F
4. Disposable gloves should be worn anytime you might be exposed to body fluids.
T F
5. Hand-washing is the most important way to prevent staph infections.
T F
6. Flu and cold viruses cannot survive on keyboards, phones and door knobs.
T F
7. It is important to wash hands before and after contact with the person in your care or other people, after using the restroom, before eating, and every time you sneeze, cough, or blow your nose, after touching a pet, and when you come into the home.
T F
8. Gowns and eye protection (safety glasses) are used to protect the caregiver from splashes.
T F
9. There is an antibiotic-resistant strain of staph bacteria.
T F
10. Simple hand washing can cut down on the number of people who get sick from colds or flu, as well as prevent life threatening illnesses.
T F

Name _____

Signature _____ Date _____