



e-Bug Quiz: Respiratory Hygiene

Name:



Please tick as many answers as appropriate

How can you spread microbes to others?	
Touching	X
Sleeping	
Sneezing	X
Coughing	X

The best way to stop microbes from spreading is:	
To use your hand to cover your sneeze	
To use a tissue to cover your sneeze	X
To take antibiotics	
To drink plenty of fluids	

After we sneeze into our hands, we should:	
Wash our hands	x
Dry our hands on our clothes	
Take antibiotics	
None of the above is necessary	

What should you do with a tissue after sneezing into it?	
Put it in your pocket for next time	
Put it straight in the bin	X
Put it up your sleeve for next time	
Any of the above	

If you do not have a tissue available, the next best thing is to sneeze:	
Into your hands	
Into your sleeve	x
Into an empty space	
Onto your desk	

What might happen if we don't wash our hands after sneezing into them?	
Nothing	
Transfer harmful microbes to other people	x
Help protect our microbes	