



e-Bug Quiz: Respiratory Hygiene

Name:



Please tick as many answers as appropriate

How can you spread microbes to others?

Touching	<input type="checkbox"/>
Sleeping	<input type="checkbox"/>
Sneezing	<input type="checkbox"/>
Coughing	<input type="checkbox"/>

The best way to stop microbes from spreading is:

To use your hand to cover your sneeze	<input type="checkbox"/>
To use a tissue to cover your sneeze	<input type="checkbox"/>
To take antibiotics	<input type="checkbox"/>
To drink plenty of fluids	<input type="checkbox"/>

After we sneeze into our hands, we should:

Wash our hands	<input type="checkbox"/>
Dry our hands on our clothes	<input type="checkbox"/>
Take antibiotics	<input type="checkbox"/>
None of the above is necessary	<input type="checkbox"/>

What should you do with a tissue after sneezing into it?

Put it in your pocket for next time	<input type="checkbox"/>
Put it straight in the bin	<input type="checkbox"/>
Put it up your sleeve for next time	<input type="checkbox"/>
Any of the above	<input type="checkbox"/>

If you do not have a tissue available, the next best thing is to sneeze:

Into your hands	<input type="checkbox"/>
Into your sleeve	<input type="checkbox"/>
Into an empty space	<input type="checkbox"/>
Onto your desk	<input type="checkbox"/>

What might happen if we don't wash our hands after sneezing into them?

Nothing	<input type="checkbox"/>
Transfer harmful microbes to other people	<input type="checkbox"/>
Help protect our microbes	<input type="checkbox"/>