

WASH WIPE COVER Quiz

(Answers below)

- | | True | False |
|---|--------------------------|--------------------------|
| 1 I should wash my hands with soap and water for at least 10 seconds. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I don't really need to wash my hands if I'm not sick. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Only restaurants have to be careful about keeping food preparation areas clean. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 If I haven't got a tissue, its ok to sneeze into my hands. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Washing hands, wiping down surfaces, and covering coughs and sneezes will reduce the spread of infection to my family and others. | <input type="checkbox"/> | <input type="checkbox"/> |

Answers

- 1) True: It takes at least 10 seconds to make sure all areas of your hands are properly washed; this removes most of the germs from your hands.
- 2) False: Even if you are feeling well you can still pick up and carry germs on your hands that can make you or others sick. Handwashing will remove most of these germs.
- 3) False: Good hygiene is just as important in the home as in the food industry. Contaminated food can be a source of food poisoning.
- 4) False: If you haven't got a tissue handy, try sneezing or coughing into your arm. This way you don't contaminate your hands.
- 5) True: These simple measures are extremely effective at reducing the spread of infections and will help keep you healthy.

Score

- 5 out of 5** Fantastic germ fighter!
- 4 out of 5** Keep up those healthy habits!
- 3 out of 5** Not bad bug-buster!
- 2 out of 5** Room to improve on your germ fighting skills!
- 1 out of 5** Try harder to keep healthy!
- 0 out of 5** Read this brochure again please!



High risk areas!

Practice the 3 simple steps outlined in this brochure at all times, and especially after being in places where there are a lot of people, or where people are unwell, for example;

- Child care & schools
- Public transport
- Shopping centres
- Hospitals and doctor's surgeries.

By making Wash, Wipe, Cover a habit, you will reduce the risk of getting sick or passing infections on to others.

For more information visit
www.sahealth.gov.au/WashWipeCover



Government of South Australia
SA Health

Public-I1-A1

WASH WIPE COVER



don't infect another!



Government of South Australia
SA Health

WASH

your hands
often



WIPE

down
surfaces



COVER

your coughs
and sneezes



Hands spread 80% of common infectious diseases.

- Wash your hands as soon as you can after:
 - sneezing or coughing,
 - touching commonly used items,
 - after going to the toilet,
 - when handling food and
 - when they are dirty.
- Wet hands with warm running water then add soap.
- Rub soap over all areas of the hands, including between the fingers, thumbs and back of hands.
- Wash for at least 10 seconds.
- Rinse hands well and dry thoroughly with a clean cloth or paper towel.
- If soap and water are not available, an alcohol-based hand rub may be used. Keep in mind that these products don't work well if you have dirt on your hands.

Some germs live for several days on surfaces.

- Wipe down all frequently touched surfaces regularly (e.g. shared equipment, telephones, computer keyboards, door handles).
- Make sure all food preparation surfaces are kept clean.
- Use a cleaning cloth dampened with detergent for wiping down all surfaces.

Under the right conditions, infectious droplets can remain in the air for some time.

- Cover a cough or sneeze with a tissue or your arm, not with your hands. This way you avoid getting germs on your hands, reducing the spread of infection.
- Drop used tissues immediately into a rubbish bin, and then wash your hands.
- If you do cough or sneeze into your hands, wash them immediately. Remember to turn away from others when you cough or sneeze.

