

Hand Hygiene Quick Quiz



Good hand hygiene has been shown to stop outbreaks in healthcare facilities, to reduce transmission of antimicrobial resistant organisms, and reduce overall infection rates.

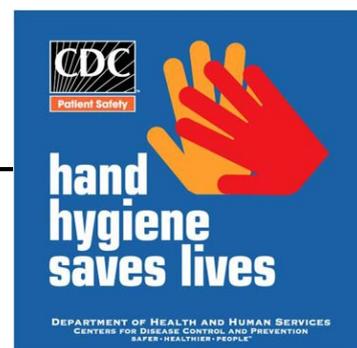
Quiz:

1. What is the single most important way to prevent the spread of infections?
2. Which of the following hand hygiene products will kill bacteria:
 - a. Plain soap and water
 - b. Antimicrobial soap and water
 - c. Alcohol-based hand rubs
3. True or False: When a healthcare worker touches a resident who is colonized but not infected with resistant organisms (e.g., MRSA or VRE) the healthcare worker's hands can spread resistant organisms to other residents and the environment.
4. True or False: Use of artificial nails by healthcare workers poses no risk to residents.
5. True or False: If you wear gloves while caring for a resident, you don't have to wash your hands.

(Answers on other side.)



Minnesota Department of Health
Infectious Disease Epidemiology, Prevention and Control Division
PO Box 64975, Saint Paul, MN 55164-0975
651-201-5414 or 1-877-676-5414 www.health.state.mn.us



Answers:

1. **Good hand hygiene.** Good hand hygiene can stop outbreaks in healthcare facilities, reduce the spread of antimicrobial resistant organisms, and reduce overall infection rates.
2. **B and C.** Use antimicrobial soap and rub your hands for at least 20 seconds and rinse with warm water. As an alternative, alcohol-based hand rubs are convenient, portable, quicker, and just as effective as soap and water at decreasing the number of organisms on your hands. Cleaning your hands with plain soap and water will remove bacteria but not kill bacteria.
3. **TRUE.** Residents who are colonized, but not infected, with bacteria can spread germs to the hands of healthcare workers...then to other residents and the environment - unless you practice good hand hygiene!
4. **FALSE.** Even after careful hand washing, germs can live under your fingernails. Studies have shown that healthcare workers who wear artificial nails are more likely to have germs on their fingertips than those who have natural nails - both before and after they wash their hands.
5. **FALSE.** Gloves are recommended for three reasons:
 - To reduce the risk of healthcare workers acquiring infections from residents;
 - To prevent spreading germs from the healthcare worker to residents; and
 - To reduce contamination of the hands of healthcare workers that can be spread from one resident to another.

Remove gloves after completing the resident care; clean your hands immediately after removing gloves.

Bacteria that colonize residents can be transmitted from one resident to another by the hands of healthcare workers.

Practice good hand hygiene to help prevent the spread of germs!

