

# Test your infection prevention and control knowledge by answering the following questions

	True	False
1. Your personal health and hygiene are important in helping prevent infection	<input type="checkbox"/>	<input type="checkbox"/>
2. Good hand hygiene is one of the main ways of preventing infections from spreading	<input type="checkbox"/>	<input type="checkbox"/>
3. The only time you need to wash your hands is before eating and drinking	<input type="checkbox"/>	<input type="checkbox"/>
4. You always need to wash your hands after removing gloves	<input type="checkbox"/>	<input type="checkbox"/>
5. Gloves are not always needed when assisting a client with personal hygiene	<input type="checkbox"/>	<input type="checkbox"/>
6. Gloves may need to be changed between different care activities for the same client	<input type="checkbox"/>	<input type="checkbox"/>
7. It is ok to use alcohol hand rub if caring for a client who has diarrhoea	<input type="checkbox"/>	<input type="checkbox"/>
8. Nail varnish or artificial nails can be worn at work	<input type="checkbox"/>	<input type="checkbox"/>
9. Any cut or graze should be covered with a waterproof plaster	<input type="checkbox"/>	<input type="checkbox"/>
10. Disinfectants are not necessary for general home hygiene	<input type="checkbox"/>	<input type="checkbox"/>

I have read the *"Infection Prevention and Control Information Booklet for Home Helps and Personal Assistants"*

**Name in CAPITALS:**

**Signature:**

**Date:**