

**Yee Hong Centre for Geriatric Care**  
**Infection Prevention & Control Quiz for Volunteers 2023**

Name: \_\_\_\_\_ Vol ID#: \_\_\_\_\_ Service Unit: \_\_\_\_\_

Location:  McNicoll  Markham  Finch  Mississauga  Other: \_\_\_\_\_

**1. Hands should be washed with soap and water or alcohol-based hand rub**

需要用洗手液及流水或者酒精搓手液清潔雙手的時刻包括 (Select all appropriate answers 請選擇所有適當答案): \_\_\_\_\_

- A. Before you have contact with a resident or their environment  
接觸院友或其所居住環境之前
- B. Before preparing, handling, serving or eating food  
在準備、處理、供應或食用食物之前
- C. After exposure to body fluids and after removing gloves & gown  
接觸到體液或卸除手套和保護袍之後
- D. After contact with a resident or their environment  
接觸院友或其所居住環境之後

**2. For at least how long should you rub your hands with alcohol-based hand sanitizer for hand hygiene? 使用酒精搓手液潔淨雙手最少應該揉搓多久? \_\_\_\_\_**

- A. 15 seconds 秒
- B. 5 seconds 秒
- C. 1 minute 分鐘
- D. 10 seconds 秒

**3. How do you reduce spread of germs or organism? 怎樣能減少細菌或生物體傳播? (Select all appropriate answers 請選擇所有適當答案) \_\_\_\_\_**

- A. Keep nails short and clean 保持指甲短及乾淨
- B. Remove rings and bracelets 卸除戒指及手鐲
- C. Do not wear artificial nails 避免配戴人工指甲
- D. Remove chipped nail polish 卸除開始脫落的指甲油
- E. Clean your hands frequently 經常洗手

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4. **How to clean your hands? 如何清潔雙手? (Select all appropriate answers 請選擇所有適當答案)** \_\_\_\_\_
- A. Rub all parts of the hands with an alcohol-based hand rub  
用酒精搓手液揉搓雙手所有部分
  - B. Wet and rub all parts of the hands with soap, and rinse with running water  
沾濕並用洗手液揉搓雙手的所有部分，然後用流水沖洗
  - C. Turn off the water tap with your bare hands after cleaning  
洗手後用乾淨手關閉水龍頭
  - D. Open the washroom door with your bare hands after cleaning  
洗手後用乾淨手開門
5. **What is the correct sequence for putting on Personal Protective Equipment (PPE)? 以下哪一個是穿著個人防護裝備的正確次序?** \_\_\_\_\_
- A. Gown => mask => gloves => goggles or face shield  
保護袍 => 口罩 => 手套 => 眼罩或面罩
  - B. Mask => gown => goggles or face shield => gloves  
口罩 => 保護袍 => 眼罩或面罩 => 手套
  - C. Hand hygiene => mask => goggles or face shield => gloves => gown  
清潔雙手 => 口罩 => 眼罩或面罩 => 手套 => 保護袍
  - D. Hand hygiene => gown => mask => goggles or face shield => gloves  
清潔雙手 => 保護袍 => 口罩 => 眼罩或面罩 => 手套
6. **What is the correct sequence for removing Personal Protective Equipment (PPE)? 以下哪一個是卸除個人保護衣物的正確次序?** \_\_\_\_\_
- A. Gloves => gown => goggles or face shield => mask => hand hygiene  
手套 => 保護袍 => 眼罩或面罩 => 口罩 => 清潔雙手
  - B. Gown => gloves => goggles or face shield => hand hygiene => mask => hand hygiene  
保護袍 => 手套 => 眼罩或面罩 => 清潔雙手 => 口罩 => 清潔雙手
  - C. Gloves => gown => hand hygiene => goggles or face shield => mask => hand hygiene  
手套 => 保護袍 => 清潔雙手 => 眼罩或面罩 => 口罩 => 清潔雙手
  - D. Gown => gloves => hand hygiene => goggles or face shield => mask => hand hygiene  
保護袍 => 手套 => 清潔雙手 => 眼罩或面罩 => 口罩 => 清潔雙手

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- 7. Which of the following can break the chain of transmission? 以下哪些是打破傳染鏈的方法 (Select all appropriate answers 請選擇所有適當答案)** \_\_\_\_\_
- A. Immunization 接種疫苗
  - B. Hand hygiene 清潔雙手
  - C. Wear personal protective equipment (PPE) 穿著個人防護裝備
  - D. Proper disposal of waste 正確處理垃圾
  - E. Respiratory etiquette 注意咳嗽的禮儀
  - F. Infection prevention & control policies 感染預防與控制政策
- 8. What is the first step to assist a resident at mealtime? 協助院友進餐之前的第一個步驟是什麼?**
- \_\_\_\_\_
- A. Taste the food 嘗試食物
  - B. Wear the gown 穿著保護袍
  - C. Check the menu 檢查餐單
  - D. Perform Hand Hygiene 清潔雙手
- 9. If you are taking public transit or carpooling, which of the following measures can protect you from catching an infectious disease? 乘搭公共交通工具或汽車共乘/拼車時，注意以下哪些事項能幫你避免感染傳染疾病? (Select all appropriate answers 請選擇所有適當答案)**
- \_\_\_\_\_
- A. Wear a mask properly to cover your mouth and nose at all times during your trip  
正確戴上口罩覆蓋口鼻
  - B. Wear a face shield instead of a mask during your trip  
全車程佩戴面罩不戴口罩
  - C. Sanitize your hands any time you think they have become contaminated  
每當你覺得手被污染時，就清潔雙手
  - D. When possible, open a window to increase ventilation and renew the air in the vehicle  
在可能的情況下，打開窗使空氣流通
  - E. Sanitize your hands before entering our service facility or your home  
進入院舍或家門之前清潔雙手