

Yee Hong Centre for Geriatric Care
Infection Prevention & Control Quiz for Volunteers 2021

Name: _____ Vol ID#: _____ Service Unit: _____
Location: McNicoll Markham Finch Mississauga Other: _____

**1. Hands should be washed with soap and water or waterless 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. 20 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 卸除戒指及手鏈
- 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

**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

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- 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
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) _____

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- 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. Sanitize your hands 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