TRUE OR FALSE

T ___  F ___  1. Hands can be washed with cold water.

T ___  F ___  2. If you are taking a break to smoke, you should wash your hands before handling food.

T ___  F ___  3. When washing your hands, you should scrub them with soap and a hand towel.

MULTIPLE CHOICE

___ 1. You should wash your hands before
   a. sneezing. c. taking out the garbage.
   b. touching your hair. d. starting work for the day.

___ 2. When washing your hands, you should scrub them for at least
   a. 5 to 10 seconds. c. 15 to 20 seconds.
   b. 10 to 15 seconds. d. 20 to 25 seconds.

EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

___ Apply soap.

___ Vigorously scrub hands and arms for at least 10 to 15 seconds.

___ Dry hands and arms with a single-use paper towel or warm-air hand dryer.

___ Rinse your hands and arms thoroughly under running water.

___ Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).
TRUE OR FALSE

1. Hands can be washed with cold water.  
   T ___  F [X]  
2. If you are taking a break to smoke, you should wash your hands before handling food.  
   T [X]  F ___  
3. When washing your hands, you should scrub them with soap and a hand towel.  
   T ___  F [X]  

MULTIPLE CHOICE

1. You should wash your hands before  
   a. sneezing.  
   b. touching your hair.  
   c. taking out the garbage.  
   d. starting work for the day.  
   [d]  
2. When washing your hands, you should scrub them for at least  
   a. 5 to 10 seconds.  
   b. 10 to 15 seconds.  
   c. 15 to 20 seconds.  
   d. 20 to 25 seconds.  
   [b]  

EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

2. Apply soap.  
3. Vigorously scrub hands and arms for at least 10 to 15 seconds.  
5. Dry hands and arms with a single-use paper towel or warm-air hand dryer.  
4. Rinse your hands and arms thoroughly under running water.  
1. Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).