Project Firstline

Infection Control Training

Pre and Post Questions

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CHAPTER 1: Introduction to Infection Control and Virus Basics

1. **True**/False: The goal of everything we do in infection control, for any disease, is to keep people from getting sick.
2. The goal of Project Firstline is to make sure you have the infection control knowledge that you need and deserve to keep ____ safe.
   a) yourself
   b) your patients
   c) your colleagues
   d) your family
   e) All of the above
3. What is the official, scientific name of the virus, the germ that causes the disease COVID-19?
   a) SARS-CoV-2
   b) SARS-CoV
   c) corona
4. **True**/False: The following symptoms are associated with the virus SARS-CoV-2: fever, cough, chills.
5. What contains all the information needed to make more virus copies?
   a) genes
   b) proteins
   c) your brain
6. What protects the genes and helps the virus spread?
   a) genes
   b) proteins
   c) Band-Aids
7. **True**/False: Some viruses, including SARS-CoV-2, have an envelope made of special fats that protects the genes and proteins.
8. Viruses are able to use _____ in living things, including people, to make copies of themselves. This is how viruses spread within a body, and from person to person.
   a) cells
   b) viruses
   c) proteins
9. When enough viruses have been able to get in to our cells and make copies of themselves, the body recognizes that there's an infection, and our _____ system revs up to fight off the virus.
   a) immune
   b) urinary
   c) digestive
10. **True**/False: The activity of our immune system fighting the virus makes us feel sick.

CHAPTER 2: PPE and Respirator Basics

1. **True**/False: PPE is part of the equipment that you use at work to protect yourself, patients, and co-workers, and to help keep germs from spreading in the healthcare environment.
2. PPE is used to:
   a) Protect the wearer from dirty surfaces or equipment and to prevent exposure to germs from patients.
   b) Keep the wearer from spreading germs to others, like patients and co-workers.
   c) All of the above
3. **True**/False: Eye protection is part of the PPE recommended for COVID-19 because, in addition to getting in the nose and mouth, or being inhaled, the virus can enter the nose and throat through the tear ducts and cause infection.

4. Why is wearing gloves important for infection control?
   a) To cover breaks and cracks in your skin.
   b) To help stop germs from spreading from place to place on your hands.
   c) All of the above
5. Why is wearing gowns important for infection control?
   a) Gowns protect the wearer by keeping germs off of your clothes.
   b) Gowns keep the wearer from accidentally spreading germs in the work environment and to other people.
   c) All of the above
6. True/**False**: It is recommended to wear more than one pair of gloves and gown at one time for routine care?

7. **True**/False: A respirator keeps the wearer from inhaling potentially harmful particles or droplets.
8. How do N95s protect the wearer from inhaling very small particles?
   a) N95s are made of a special filtering material that NIOSH has tested to prove that it filters out at least 95% of very small particles in the air.
   b) N95s fit snugly to ensure the air you are breathing in goes through the filter and doesn't leak in around the edges.
   c) All of the above
9. Why is it important to perform a seal check each time you use an N95?
   a) It's possible to put on an N95 using the correct technique and still not have a good seal around all the edges.
   b) To make sure all the air you're breathing in passes through the filtering material of the N95.
   c) If there's a leak or bad seal, then it's likely you'll breathe in unfiltered air, which could have germs in it, from around the edges of the N95.
   d) All of the above
10. **True**/False: To detect a leak in a N95 you can use both hands to mold the metal nose strip to the bridge of your nose, starting from the top and/or move the straps to different areas at the top and base of your head to get the best possible fit.

CHAPTER 3: Environmental Cleaning and Disinfection Basics

1. **True**/False: Cleaning removes the visible dirt, dust, spills, smears, and grime, as well as some germs, from surfaces.
2. **True**/False: Disinfection kills germs on surfaces or objects.
3. _____ time is the amount of time a disinfectant need to sit on a surface, without being wiped away or disturbed, in order to do its job of killing germs.
   - **a) Contact**
   - b) Closing
   - c) Contract

CHAPTER 4: Source Control and Hand Hygiene

1. Having clean hands is especially important in healthcare because
   a) Patients are ill, weak, and at higher risk of infection.
   b) We are likely to come into contact with blood, body fluids, and other things that may be carrying germs.
   c) All of the above
2. Why are hands the main way germs can spread in the environment?
   a) We use our hands and touch many things throughout the day.
   b) Some parts of the hand make it easier for germs to grow.
   c) **All of the above**
3. _____ blocks, or stops, germs at their source, before they can spread to other people.
   a) Source control
   b) Vision control
   c) Disease control
4. **True**/False: For COVID-19, source control focuses on covering the nose and mouth with a mask to keep respiratory droplets out of the air.

CHAPTER 5: How COVID-19 Spreads

1. **True**/False: Our breath contains a lot of water that you can't usually see.
2. What is the main way SARS-CoV-2 travels between people?
   a) **respiratory droplets**
   b) blood
   c) animals
3. **True**/False: Although COVID-19 is mainly spread through respiratory droplets, another way you can get sick is if you touch an infected persons spit or snot on a surface and then touch your face without cleaning your hands first.

4. **True**/False: Viruses have genes that carry instructions for making new copies of themselves, and every new copy contains those instructions as well.
5. **True**/False: Viruses have new strains, variations, or mutations all the time, and there are new strains of SARS-CoV-2, the virus that causes COVID-19.
6. **True**/False: Some of the new strains of SARS-CoV-2 allow the virus to spread more easily or make it resistant to treatments or vaccines.
7. **True**/False: People can be infected with a virus, and their immune system can be working to fight it off, but they might not feel sick with symptoms such as fever, cough, shortness of breath, or other signs of disease.
8. Someone might have been infected recently but hasn't started feeling sick yet, though they might in a couple of days. This is called _____.
   a) pre-asymptomatic
   b) asymptomatic
9. Someone might be infected and will never feel any symptoms at all. This is called _____.
   a) pre-asymptomatic
   b) asymptomatic

CHAPTER 6: Injection Safety – Nurses Only

1. Why are injection safety actions important when using multi-dose vials?
   a) Multi-dose vials are accessed more than once to pull out individual doses for separate patients, which creates an opportunity for spreading infections.
   b) If a needle or syringe is reused or gets dirty and goes into the vial, anything that is on or in the needle or syringe can end up in the vial and contaminate it.
   c) All of the above
2. Which of the following is NOT a safety step to take when using a multi-dose vial?
   a) Eat before you touch the vial.
   b) Always prepare a multi-dose vial in a space that is clean and away from patients where you can safely draw up the doses and prepare the vaccine.
   c) Check the label to make sure that it is a multi-dose vial and that it isn't expired or beyond its use date.
   d) Look at the vaccine and make sure it looks how the vaccine maker says it should look.
   e) Always use a brand-new, sterile needle and a brand-new, sterile syringe for every vaccine dose