

# ARE YOU A CHAMPION?

Let's do the clean hands quiz!

## Clean Hands CHAMPIONS

### 1 When should you wash your hands?

Circle your answer

- a. When you have used the toilet    b. When you have been playing outside  
c. Just before you eat    d. All of these!

### True or False?

### 3 Germs are always bad for you?

Circle the word true or false

### 2 How long should you wash your hands for?

Circle your answer

- a. 20 Seconds    b. 5 Seconds  
c. 1 Minute    d. 2 Seconds

### 4 Which one of these do you think has more germs on it? Circle your answer

- a. Toilet Seat    b. Mobile Phone

### 5 Can you name any of the 4 major types of germs?

Write your answer here

-----

### 7 Can you name 3 different things that are used for killing or removing germs?

Write your answer here

-----

### 8 When we wash our hands, what should we always make sure to use?

Circle your answer

- a. Soap    b. Water    c. Soap and Water

### 9 How do germs spread?

Circle your answer

- a. Coughing and sneezing    b. Touching animals  
c. Touching infected surfaces    d. All of these!

### 10 What is a germ? Circle your answer

- a. A monster    b. A microscopic living organism

### True or False?

### 6 More germs are spread through handshakes than kissing!

# WE HAVE ALL THE ANSWERS

- 1 d. All of these!
- 2 a. 20 Seconds
- 3 False! Some germs (bacteria) are actually good for you!  
You can find these in lots of the yummy food you eat.
- 4 b. Yucky - it's a mobile phone!
- 5 The 4 major types of germs are:  
Viruses, Bacteria, Fungi, and Protozoa!
- 6 True! More germs are spread through handshakes!
- 7 Ask your teacher to check through your list!  
You could have had: hand soap, washing-up soap, hand sanitiser...
- 8 c. Soap and water!
- 9 d. All of these! That's why it's so important to keep our hands  
and our surfaces as clean as we can!
- 10 b. A microscopic living organism

HOW WELL  
DID YOU DO?



More than 2  
correct answers



More than 4  
correct answers



More than 7  
correct answers