

1. The #1 step that you can take to prevent the spread of disease is _____.
2. What does CDC stand for? _____ for _____.
3. The CDC has no regulatory powers. True False (circle one)
4. Two types of microorganisms found on the hands are:
 - a. _____
 - b. _____
5. Which of the two types of microorganisms are potentially more harmful? _____
6. Which of the two types of microorganisms are harder to remove? _____
7. Routine handwashing removes _____ of the transient microorganisms and _____ of the resident flora.
8. The norovirus (stomach flu) can easily be transmitted by our contaminated hands. True False
9. Candida albicans is a _____.
10. Considerations for choosing soap include:
 - a. _____ soap (not bar soap)
 - b. Use recommended _____
 - c. Pick one that has skin _____
 - d. Make sure everyone likes it!
 - e. Avoid ones that have potential for _____
11. Before refilling a soap container you need to thoroughly _____ (but it is best just to _____).
12. You must wash your hands:
 - a. When they are _____ (instead of using hand rub)
 - b. Before _____ Why? _____
 - c. After glove _____ Why?
 - i. _____
 - ii. _____
 - d. Before leaving the _____, _____, or _____ area
 - e. After _____ an inanimate object that may be contaminated
13. What is a knook and cranny? ☺ Hum . . .
14. How should you turn on the water? (sounds like a dumb question, but very important!) _____

15. Use cool lukewarm hot (circle one) water.

16. Active ingredients in hand products include:

- a. _____ (typically the main ingredient) in a _____% concentration
- b. _____
- c. _____
- d. _____
- e. _____

17. You can use hand rub instead of handwashing at all times. True False (circle one)

Explain: _____

18. How long should it take for your hands to dry when using alcohol based hand rub? _____

19. Do we have to use an antimicrobial soap in the dental office? Yes No (circle one)

20. Which does the best job of removing transient microorganisms if your hands are not visibly soiled?

21. Routine handwashing is done to protect _____, whereas performing a surgical scrub is done to protect the _____.

22. The purpose of a surgical scrub is to reduce the change of contamination of the _____ if our gloves become torn or compromised during the surgical procedure.

23. What PPE is put in BEFORE we start washing our hands? _____

24. Use an _____ stick around and under _____.

25. Wash our hands and forearms all the way up to your _____.

26. The timing for a surgical scrub is between _____ minutes.

27. You need to keep your hands above your _____ so that the water runs off down, keeping your hands clean.

28. Use a sterile _____ to dry your hands.

29. There is a proper way to put on sterile gloves. True False (circle one)

30. It is important to use lotions that do not have _____ or other oil emollients because it may cause _____ in the gloves and therefore compromise their effectiveness.

31. True latex allergies are uncommon. True False (circle one)

32. Irritant contact dermatitis is not a true _____ and is commonly caused by:

- a. _____
- b. _____
- c. _____

33. Often when we say we have a latex allergy, it is actually an allergy to chemical used during the _____ of the gloves or in the office that we do not wash off completely before gloving.

34. True latex allergies are NOT caused from the _____ in the gloves, but is caused from the _____ in the latex. This type of allergy is fairly _____.