

True or False?

- 1) You should change your underclothes every day. True False
- 2) Skin temperature is the same all over. True False
- 3) All germs are harmful. True False
- 4) You can be contaminated by your own germs. True False
- 5) To avoid catching a cold you should wash and dry your hands regularly. True False
- 6) Linen handkerchiefs are more hygienic than paper handkerchiefs. True False
- 7) You should brush your teeth for three minutes after every meal. True False
- 8) Hair brushes and combs should be disinfected regularly. True False
- 9) You should put your hand in front of your mouth when you cough or sneeze. True False
- 10) Hands have the most germs. True False

General Knowledge Quiz

Test your personal hygiene knowledge!

1) What is the best way to wash your hands?

.....
.....

2) Which animal lives in hair?

.....
.....

3) Which microscopic animal lives in dust?

.....
.....

4) Name three ways in which germs are transmitted.

.....
.....

5) Which areas of the body are most at risk from germs?

.....
.....

6) Which people are very susceptible to germs?

.....
.....

7) What is the best natural barrier against germs?

.....
.....

8) At what temperature do germs grow?

.....
.....