

Disclaimer: this Qstream content is designed to help you deliver critical information related to the COVID-19 virus in a timely manner. The information referenced in this challenge is available in the public domain, collected from the Center for Disease Control (CDC) and World Health Organization (WHO) websites with links to the most current, up-to-date information. As the situation is changing quickly, it is imperative that all questions are reviewed thoroughly and cross-referenced against any additional local advice in your region

COVID-19 Healthcare

Number of questions: 8

Description



Syllabus (Multiple Choice): Q1: As a healthy employee, what



As a healthy employee, what are appropriate strategies that you can use to prevent contracting or spreading COVID-19?

Choices:

- Get flu shot
- Cough into the bend of the arm
- Rinse your nose with saline
- Eat garlic

Explanation:

This information is derived from March 19 2020 World Health Organization COVID-19 guidelines that may change over time. Please check the links below to get up-to-date information.

Take Home Message: Do the basics (NOT crazy stuff) to prevent contracting or spreading COVID-19:

- (1) wash your hands frequently
- (2) maintain social distancing

(3) avoid touching your eyes, nose and mouth

(4) cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.

Explanation of Correct Answer

Cough in the bend of the arm: Practice good respiratory hygiene by covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

Explanation of Incorrect Answers:

Get flu shot: The seasonal flu vaccine does not prevent COVID-19

Rinse your nose with saline: There is some limited evidence that regularly rinsing your nose can help people recover more quickly from the common cold. However, there is no evidence that regularly rinsing your nose will prevent COVID-19 or other respiratory infections.

Eat garlic: While garlic may have some antimicrobial properties, there is no evidence that it protects people from COVID-19

References:

(1) World Health Organization (WHO) Coronavirus disease (COVID-19) advice for the public

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> (2) World

Health Organization (WHO) Coronavirus disease (COVID-19) Myth Busters

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

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Question Topics: Prevention

(Multiple Choice): Q2: As a healthy employee, what are

As a healthy employee, what are appropriate strategies that you can use to prevent contracting or spreading COVID-19? **Choices:**

- ✓ Avoid touching your eyes
- ✗ Take daily antibiotics
- ✗ Spray your body with chlorine
- ✗ Turn on the heat to raise the room temperature to >80 degrees
- ✗ Avoid mosquito bites
- ✗ Take a hot bath

Explanation:

This information is derived from March 19 2020 World Health Organization COVID-19 guidelines that may change over time. Please check the links below to get up-to-date information.

Take Home Message: Do the basics (NOT crazy stuff) to prevent contracting or spreading COVID-19:

- (1) wash your hands frequently
- (2) maintain social distancing
- (3) avoid touching your eyes, nose and mouth
- (4) cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.

Explanation of Correct Answer

Avoid touching your eyes: Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Explanation of Incorrect Answers:

Take daily antibiotics: There is no evidence that antibiotics protect people from COVID-19. In fact, it can promote the development of bacterial resistance and lead to severe gastrointestinal problems.

Spray your body with chlorine: Spraying chlorine all over your body will not kill viruses that have already entered your body. Don't drink it either!!

Take a hot bath: While this may make you feel better, it unfortunately will not prevent you from catching COVID-19. Even if the bath is hot, the heat does not significantly increase your body temperature. Enjoy the bath, though...

Turn on the heat to raise the room temperature to >80 degrees: From the evidence so far, COVID-19 can be transmitted in all regions of the world, including areas with hot and humid weather.

Avoid mosquito bites: To date, there has been no information nor evidence to suggest that COVID-19 can be transmitted through mosquito bites.

References:

- (1) World Health Organization (WHO) Coronavirus disease (COVID-19) advice for the public
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> (2) World Health Organization (WHO) Coronavirus disease (COVID-19) Myth Busters
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

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Question Topics: Prevention

(Multi-correct answer): Q3: In which of the following situa



In which of the following situations should Nurse Jessica perform hand hygiene?

Select all answers that apply Choices:

- ✓ Before having direct contact with a patient
- ✓ After direct contact with a patient's bedside table
- ✓ After shaking hands with the patient's wife
- ✓ Prior to putting on gloves
- ✓ After removing gloves

Explanation:

Explanation of Correct Answers: All of Them

Before having direct contact with a patient: This is to reduce normal body flora that may be harmful to the patient. Also, this opportunity of hand hygiene can decrease any transient microorganisms the healthcare provider may have picked up in the healthcare environment.

After direct contact with a patient's bedside table: It is common for items in the patient zone or immediate environment to be colonized with potential pathogens.

After shaking hands with the patient's wife: Although she is not the "sick" patient, the wife has normal body flora that may have harmful bacteria that she has transiently picked up in the environment. Therefore, the healthcare provider should ensure that they do not become a vector for transmission.

Prior to putting on gloves: Although gloves protect you from the "sick" patient, who is protecting the patient? Hand hygiene prior to putting on gloves will reduce your normal body flora that may have the potential to infect the patient and reduce/kill any transient microorganisms that you may have picked up in the healthcare

setting. Also, not all gloves are perfect some have been noted to have microscopic holes that are not visible to the naked eye.

After removing gloves: Please remember that gloves are not perfect and never take the place of good hand hygiene. Also, while wearing gloves microorganisms can multiply in the warm and fertile environment between the glove and the healthcare workers' hands.

Explanation of Incorrect Answers: The answers are all correct! Go clean your hands!

References:

(1) Centers for Disease Control and Prevention (CDC). Hand Hygiene in Healthcare Settings.
<http://www.cdc.gov/handhygiene/>

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Question Topics: Hygiene

(Multiple Choice): Q4: You had a busy nursing shift la

You had a busy nursing shift last night in the emergency department (ED). Several of the patients were suspected of having COVID-19. You wake up the next day with a fever of 100.5°F (38°C) and cough. You can breathe without a problem. What should you do?

Choices:

- ✗ Go immediately to a local health clinic to be tested for COVID-19
- ✗ Call 911
- ✗ Start taking an anti-viral medication like Tamiflu (oseltamivir)
- ✓ Stay at home
- ✗ Be strong and go into the ED for your next shift wearing a mask

Explanation:

The information below is from the CDC website as of March 19 2020.

▶ Please access this CDC site for updated information: *click here (below link will be hyperlinked with the click here text)*

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Explanation of Correct Answer:

Stay home: If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, stay home except to get medical care. This will help prevent the disease from spreading to people in your home and community. Contact your occupational health services.

Explanation of Incorrect Answers:

Go immediately to a local health clinic to be tested for COVID-19: Per the WHO, seek medical attention and call in advance if you have a fever, cough, **and** difficulty breathing.

Call 911: This is not necessary unless your symptoms worsen significantly.

Start taking an anti-viral medication like Tamiflu (oseltamivir): To date, there are no available anti-viral medications that have activity against COVID-19.

Be strong and go into the ED for your next shift wearing a mask: Just say NO! – Doing this risks spreading the disease to patients and colleagues.

Additional Information from the World Health Organization (WHO): click here (below link will be hyperlinked with the click here text)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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Question Topics: Prevention

(Multi-correct answer): Q5: You are working in an urgent



You are working in an urgent care clinic when a patient presents with fever 102.2°F (39°C), cough and fatigue.

You are concerned that the patient may be infected with COVID-19.

What is the minimal personal protective equipment (PPE) that you should wear when taking care of this patient?

Select all answers that apply

Choices:

- ✓ Gloves
- ✓ Face mask
- ✓ Eye protection
- ✓ Gown

Explanation:

This information is derived from March 19 2020 CDC COVID-19 guidelines that may change over time. Please check the links below to get up-to-date information.

Take Home Message: The CDC recommends that, at a minimum, healthcare providers in contact with patients suspected of having COVID-19 use gloves, face mask, eye protection and gowns.

Note: Respirators or N95 masks should be used instead of a facemask when performing or present for an aerosol-generating procedure.

Reference:

(1) CDC COVID-19 Interim Infection Prevention and Control Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>

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Question Topics: Prevention**(Multi-correct answer): Q6: Your colleague in the office ha**

Your colleague in the office has tested positive for COVID-19 yesterday and is at home. You would like to clean the common work areas and surfaces to reduce the risk that you and your team members get infected. What products should you use to clean and disinfect the high-touch surfaces in the office? **Select all answers that apply Choices:**

- ✓ Clorox Multi Surface Cleaner with Bleach
- ✓ Lysol Disinfectant Spray
- ✓ Purell Multi Surface Disinfectant
- ✓ A solution of diluted household bleach
- ✗ Windex Glass and Window Cleaner

Explanation:

This information is derived from March 19 2020 World Health Organization COVID-19 guidelines that may change over time. Please check the links below to get up-to-date information.

Take Home Message: The EPA is providing an updated list of products that can be used to kill the COVID19 virus on surfaces. Please click here for an updated list: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Explanation of Correct Answers:

Clorox Multi Surface Cleaner with Bleach, Lysol Disinfectant Spray, and Purell Multi Surface Disinfectant are all on the list.

A solution of diluted household bleach: Per the CDC, “Unexpired household bleach will be effective against coronaviruses when properly diluted. Prepare a bleach solution by mixing:

5 tablespoons (1/3rd cup) bleach per gallon of water or

4 teaspoons bleach per quart of water”

Explanation of Incorrect Answers:

Windex Glass and Window Cleaner: Contrary to what you may have learned in the 2002 hit movie ‘My Big Fat Greek Wedding’, it seems that Windex is not helpful for absolutely everything.

References:

(1) CDC COVID-19 Clean & Disinfect [https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html)

[CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019ncov/community/home/cleaning-disinfection.html) (2) EPA List N: Disinfectants for Use Against SARS-CoV-2

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

(3) American Chemistry Council COVID-19 Fighting Products

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

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Question Topics: Hygiene**(Multi-correct answer): Q6: You are an ICU nurse and were j**

You are an ICU nurse and were just diagnosed with COVID-19. Your doctor feels that you can be cared for at home. What actions does the CDC recommend that you take to prevent the spread of the disease to your family and others.

Select all answers that apply**Choices:**

- Take an Uber to the doctor instead of a bus
- Stay at home except to get groceries and medical care
- Use a separate bedroom and bathroom away from family members
- Restrict contact with pets
- Wear a facemask
- Avoid sharing personal household items
- Clean all “high-touch” surfaces everyday

Explanation:

This information is derived from March 19 2020 CDC COVID-19 guidelines that may change over time. Please check the links below to get up-to-date information.

Take Home Message: If infected with COVID-19, there are important things that you can do to prevent the spread of the virus to family members and others.

Explanation of Correct Answers:

Use a separate bedroom and bathroom away from family members

Wear a facemask

Avoid sharing personal household items

Clean all “high-touch” surfaces everyday

Call ahead before visiting your doctor

+++ All of these are prevention measures recommended by the CDC +++

Restrict contact with pets: Believe it or not, the CDC recommends that you restrict contact with your pets... just when you needed a dog cuddle or cat snuggle:

Per the CDC, “You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.”

Explanation of Incorrect Answers:

Take an Uber to the grocery store instead of a bus: Don’t take either! The CDC recommends avoiding all public transportation, ride-sharing or taxis.

Stay at home except to get groceries and medical care: The CDC recommends that you stay home except to get medical care, NOT to get groceries. Ask your family members or neighbors to bring you groceries – they will be happy to help.

References:

(1) CDC COVID-19 Prevention Steps

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

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Question Topics: Prevention

(Multi-correct answer): Q8: You are a nurse practitioner in

You are a nurse practitioner in a clinic that has been seeing many patients who fear that they may be infected with COVID-19. Many healthcare providers have been told that they should sing a tune like 'Happy Birthday' while washing hands. What other tunes might be acceptable to sing? **Select all answers that apply** Choices:

- ✓ 'Stronger' - Kelly Clarkson
- ✓ 'Land of Confusion' - Genesis
- ✓ 'Riding the Storm Out' – REO Speedwagon
- ✓ 'I'm Still Standing' - Elton John

Explanation:

This information is derived from March 19 2020 World Health Organization COVID-19 guidelines that may change over time. Please check the links below to get up-to-date information.

Take Home Message: All songs are acceptable! The song does not matter --- what matters is that you wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place.

Note:

- (1) If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. (Purell, foreexample, is 70% ethyl alcohol). Cover all surfaces of your hands and rub them together until they feel dry.
- (2) Avoid touching your eyes, nose and mouth with unwashed hands.
- (3) If you are going to sing 'Happy Birthday', you probably will need to sing it twice to reach the full 20 seconds.

Reference

(1) CDC COVID-19 Protect Yourself

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

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Question Topics: Hygiene
