

**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?  
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- 2) Which animal lives in hair?  
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- 3) Which microscopic animal lives in dust?  
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- 4) Name three ways in which germs are transmitted.  
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- 5) Which areas of the body are most at risk from germs?  
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- 6) Which people are very susceptible to germs?  
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- 7) What is the best natural barrier against germs?  
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- 8) At what temperature do germs grow?  
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