

WHAT YOU SHOULD KNOW ABOUT COVID-19 TO PROTECT YOURSELF AND OTHERS QUIZ

Know about COVID-19

1. Coronavirus (COVID-19) is an illness caused by a virus that can spread from

HOUSE TO HOUSE	CITY TO CITY	ANIMALS ONLY	PERSON TO PERSON.
-----------------------	---------------------	---------------------	--------------------------

2. The virus that causes COVID-19 is a new coronavirus that has spread throughout

ONLY AFRICA	THE WORLD.	ONLY EUROPE	ONLY ASIA
--------------------	-------------------	--------------------	------------------

3. COVID-19 symptoms can range from:

MILD	SEVERE	NO SYMPTOMS	ALL OF THESE
-------------	---------------	--------------------	---------------------

Know how COVID-19 is spread

4. You can become infected by coming into close contact. **Close contact** is:

ABOUT SIX FEET	UNDER 12 FEET	UNDER 30 FEET	ALL OF THESE
-----------------------	----------------------	----------------------	---------------------

5. You can become infected from respiratory droplets when an infected person.

COUGHS	SNEEZES	TALKS	ALL OF THESE
---------------	----------------	--------------	---------------------

6. You may also be able to get it by touching a surface or object that has the virus on it, and then:

TOUCH EYES	TOUCH MOUTH	TOUCH EYES	ALL OF THESE
-------------------	--------------------	-------------------	---------------------

Protect yourself and others from COVID-19

7. There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to:.

TAKE VACCINE	TAKE LIME & GINGER	TAKE ANTIBOTICS	AVOID EXPOSURE
---------------------	-------------------------------	------------------------	-----------------------

8. You may prevent exposure to the virus by:

AVOID SHAKING HANDS	WEAR FACE MASK IN PUBLIC	AVOID LARGE GATHERINGS	ALL OF THESE
----------------------------	---------------------------------	-------------------------------	---------------------

9. In case of contact the virus can be destroyed by:

WASHING HANDS WITH SOAP AND WATER	DISINFECTING SURFACES	USE HAND SANITIZER	ALL OF THESE
--	------------------------------	---------------------------	---------------------

Practice social distancing

10. You should try to maintain social distancing when meeting people in:

WORKPLACES AND SCHOOLS	MARKETPLACES	WORSHIP PLACES	ALL OF THESE
-----------------------------------	---------------------	---------------------------	---------------------

Prevent the spread of 5. 5. COVID-19 if you are sick

11. If you have symptoms you should:

GATHER YOUR FAMILY CLOSE	TAKE PUBLIC TRANSPORT TO HOSPITAL	ISOLATE YOURSELF FROM OTHERS	ALL OF THESE
-------------------------------------	--	---	---------------------

Know your risk for severe illness

12. Persons who are at risk are:

PETS, YOUTH, CHILDREN	OLDER PERSONS (ABOVE 70 YRS)	PERSONS WITH UNDERLYING MEDICAL CONDITIONS	ALL OF THESE
--------------------------------------	---	---	---------------------

CLEANING AND DISINFECTING YOUR FACILITY

13. CLEANING MEANS WASHING WITH:

14. SOAP AND WATER REDUCES:

15. DISINFECTANTS _____ GERMS

16. HOW DO YOU DETERMINE HOW OFTEN TO CLEAN AND DISINFECT?

17. WHAT FREQUENTLY USED SURFACES SHOULD BE CLEANED AFTER EACH USE?

18. WHY SHOULD YOU WEAR DISPOSABLE GLOVE TO CLEAN AND DISINFECT?

19. WHAT IS VENTILATION AND WHY IS IT NECESSARY?

20. WHAT PROCEDURES SHOULD BE OBSERVED WHEN STORING CLEANING SUPPLIES AND EQUIPMENT WHEN NOT IN USE?

21. WHY MUST WE READ THE LABELS ON THE BOTTLES OF DISINFECT?

22. WHAT CHEMICALS SHOULD NEVER BE MIXED?

23. HOW SHOULD BE BLEACH BE USED IF AVAILABLE?

24. HOW DO YOU MAKE A BEACH SOLUTION?

25. HOW LONG IS BLEACH SOLUTIONS EFFECTIVE?

26. HOW LONG SHOULD DISINFECTANT BE ON SURFACE BEFORE IT CAN BE USED?

27. WHAT CONCENTRATION OF ALCOHOL SOLUTIONS ARE EFFECTIVE?

28. WHAT CAN BE USED TO DISINFECT ELECTRONIC EQUIPMENT LIKE LABTOP, PHONES AND MICS?

29. WHAT SHOULD BE DONE TO KEEP LAUNTRY CLEAN AND DISINFECTED?

30. WHAT SHOULD BE DONE IF SOMEONE DISPLAYS SYMPTOMS OF COLD OR FLU?

31. WHY SHOULD YOU WAIT AT LEAST 24 HOURS BEFORE DISINFECTING AFTER A SICK PERSON?

32. HOW LONG SHOULD YOU AVOID USING OR AREA USED BY SICK PERSON?

33. WHAT PROCEDURE SHOULD BE TAKEN IF SOMEONE COMES IN CONTACT WITH A SICK PERSON?

34. WHAT IS PPE?

35. WHEN SHOULD HAND WASHING BE DONE IMMEDIATELY?

a.

b.

c.

d.

e.

f.

36. WHAT ARE SAFETY ISSUES WHEN USING HAND SANITIZERS?

37. WHAT ARE THE PROCEDURES FOR USING INTRARED BODY THERMOMETER?

38. AT WHAT TEMPERATURE IS A PERSON CONSIDERED TO HAVE A FEVER?

39. IF TEMPERATURE READING INDICATES THAT A PERSON HAS A FEVER WHAT SHOULD THE PERSON MONITORING SAY AND DO?

40. LIST PROCEDURES FOR PERSONNEL CLEANING THE CHURCH BEFORE, DURING AND AFTER CLEANING

1.

2.

3.

4.

5.

6.

7.

8.

CERTIFICATE OF PARTICIPATION

AWARDED TO

*For attending MMMSL training for reopening of churches
and worship centers of the Seventh-day Adventist Church*

THREE ANGELS MESSAGES CHURCH
CIRCULAR ROAD, FREETOWN
Tuesday, 14TH JULY 2020



Facilitators:

Mrs. Florella Cummings,
Coordinator

Mrs. Fatmata Conteh, Asst.
Coordinator

Ms. Rosa M. Johnson,
Secretary

Mrs. Arieola Moiba, Treasurer

Mrs. Cecilia Abdul-Shereef,
Social Welfare

Mrs. Edna P. Thomas, Health
Education Consultant