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## QUICK QUIZ

## Caregiver Assistance Newsletter - June 2025

*Bloodborne pathogens, such as HIV/AIDS, hepatitis, and flu viruses, can spread through body fluids like blood, mucus, vomit, urine, and feces. Following good hygiene and Standard Precautions reduces the risk of infection. Answer True or False to the questions.*

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1. After a 4-hour power outage, check each food item separately and throw away refrigerated food like meat, poultry, fish, eggs, and milk.    T    F
2. The kitchen sink should be washed daily with hot, soapy water, particularly after coming in contact with raw meat or poultry.    T    F
3. Keep raw meat, poultry, and seafood separate from ready-to-eat foods.    T    F
4. Universal Precautions are infection control practices designed to prevent the spread of diseases between caregivers and those in their care.    T    F
5. Doctors found that people who reported being lonely were more likely to suffer a decline in health or die.    T    F
6. No one can get food poisoning if you have left food lingering for hours on countertops before cooking and serving it.    T    F
7. Use a food thermometer to ensure that food is cooked to a safe internal temperature: 145°F for whole meats, 160°F for ground meats, and 165°F for all poultry.    T    F
8. Hand washing is a must after using the toilet or assisting a person in the bathroom or with Depends®.    T    F
9. Be especially careful when preparing food for children, pregnant women, those in poor health, and older adults.    T    F
10. Many foodborne sicknesses result from food being contaminated when it is being prepared or served, so preventing illness begins with the basics.    T    F

**KEY:** 1. T   2. T   3. T   4. T   5. T   6. F   7. T   8. T   9. T   10. T