

TEST YOUR KNOWLEDGE-

PROTECTING YOURSELF FROM COVID-19 IN THE WORKPLACE

Please circle the **best** answer for each question.

1 Which of the following are key exposure factors in the workplace?

- A. Rumors regarding people in the community being infected with COVID-19
- B. Job duties that require close, repeated or extended contact with people with known or suspected COVID-19
- C. The community starting to practice social distancing
- D. Workers posting about their job on social media

2 Which of the following are emergency services or critical infrastructure services that must be able to function during a pandemic or national emergency?

- A. Law enforcement services
- B. Public utilities
- C. Emergency response services
- D. All of the above

3 Which of the following types of workers are at high risk for exposure to COVID-19?

- A. Hospital receptionists
- B. Office workers
- C. Healthcare workers
- D. Construction workers

4 Which of the following is an administrative control that will help prevent exposure to COVID-19 in the workplace?

- A. Biological safety cabinets (BSC)
- B. Allow a work from home policy for all employees who can perform their duties at home.
- C. Negative pressure ventilation
- D. UV irradiation systems

5 Which of the following actions are employers required to include in their written hazard communication program for handling chemicals?

- A. Provide training to workers on hazardous chemicals
- B. Maintain a list of hazardous chemicals in the workplace
- C. Obtain and make available chemical information sheets (safety data sheets)
- D. All of the above

6 Which of the following statements about wearing PPE for high hazard jobs is correct?

- A. Workers should, at a minimum, wear an N95 respirator
- B. Healthcare facilities can choose to allow workers to get infected to build up their immunity to COVID-19 virus
- C. Workers should provide their own eye protection, gloves, and gowns
- D. Surgical masks will fully protect you from COVID-19 and other viruses

7 Who has the highest risk of severe illness from COVID-19?

- A. Young adults and children
- B. The elderly and individuals with underlying medical conditions
- C. Pregnant women and their fetuses

D. Everyone shares the same risk of severe illness from COVID-19

8 How long does SARS-CoV-2 survive outside of the body?

- A. It cannot survive outside of the body for more than a few seconds
- B. No more than a few minutes, depending on the conditions and type of surface
- C. A few hours up to several days, depending on the conditions and type of surface
- D. One to two months, depending on the conditions and type of surface

9 How does COVID-19 compare with the seasonal flu?

- A. The seasonal flu causes more deaths than COVID-19
- B. The seasonal flu leads to more hospitalizations than COVID-19
- C. The case fatality rate of seasonal flu is much lower than that of COVID-19
- D. The seasonal flu is more infectious and spreads faster than COVID-19

10 What is the estimated incubation period for COVID-19 from the time of exposure to the onset of symptoms?

- A. 12-24 hours
- B. 1-2 days
- C. 2-14 days
- D. 15-20 days

11 Which statement about the COVID-19 incubation period is correct?

- A. The most common incubation period is around 10 days
- B. People who do not develop symptoms are not contagious
- C. People who are infected will not be contagious before they develop symptoms
- D. People who are infected may be contagious before they develop symptoms or if they never develop symptoms

12 Which of the following are key steps that public health officials should take to protect workers and control COVID-19 exposures in their communities?

- A. Conduct contact tracing to determine who needs to be quarantined to prevent the spread of the virus
- B. Place restrictions on public events and gatherings, transportation and other activities
- C. Promote social distancing (staying 6 feet (2 meters) from others)
- D. All of the above

13 Which workplace policy can help to reduce exposure to COVID-19?

- A. Encouraging workers to keep working if they experience only mild COVID-19 symptoms
- B. Scheduling large in-person meetings
- C. Providing home delivery of goods and services to reduce the number of clients or customers who must visit the workplace
- D. Requiring that workers provide their own PPE

14 Which of the following are worker protection and infection control methods that will protect from COVID-19?

- A. Use whatever disinfectant is available
- B. Provide appropriate personal protective equipment (PPE) and respiratory protection
- C. Require all workers to wear bandanas or neck gators
- D. Transfer chemicals to unlabeled containers to save time