Reading Passage and Question Set

Read the passage below. Use the information from the text to answer the questions that follow.
* Required

1. Email address *

2. Name *
Reading Passage
The Power of Hand-Washing

We all know that washing our hands is the best way to avoid getting sick (or making other people sick), but how many times have you actually washed your hands today? You might not have given it much thought. Here’s why you should.

Why Wash Your Hands?
Frequent hand-washing is one of the best ways to avoid getting sick. As you go about your daily routine - touching surfaces, objects and people - you accumulate germs on your hands. These germs then enter your body through your mucous membranes, with your eyes, nose and mouth being the main entry. You may be wondering how the germs transfer from your hands to your mucous membranes. The answer is simple and scientifically proven. The number one way we infect ourselves with the germs we’ve collected on our hands is by touching our faces.

According to the Centers for Disease Control and Prevention, “The average person touches their face 23 times per hour.” You may also notice that when you think about not touching your face, the urge to actually touch your face increases. Since it’s not easy to stop face touching, it’s important for us to wash our hands frequently, especially when we are around people who are ill. When your hands are clean, you’re less likely to transfer germs to your mucous membranes.

When To Use Hand Sanitizer?
According to the CDC, “Washing your hands with soap and water is the best way to get rid of germs.” However, it’s not always convenient. Sanitizers do not get rid of all types of germs, but they are better than nothing when soap and water are not available. Just check the label to ensure your sanitizer contains at least 60% alcohol. Otherwise, it’s not reducing the number of germs on your hands. When using sanitizer, rub it over all the surfaces of your hands and fingers until your hands are dry, which should take about 20 seconds.

Can I Wash My Hands Too Much?
Using too much alcohol-based hand sanitizer - or washing your hands too often - can backfire. Over-washing can dry out your hands, causing them to crack and bleed. This creates another entry point for germs to enter your body. You can use moisturizer to prevent your hands from drying out, but pay attention to the warning signs as well. If your hands are itchy, red or painful, you may be overdoing it.
3. What was the author's main purpose for writing the article? *

   Mark only one oval.

   □ a. to persuade the reader to stop using hand sanitizer as a hand-washing replacement
   □ b. to explain to the reader that over-washing your hands can backfire
   □ c. to inform the reader about the importance of hand-washing
   □ d. to entertain the reader with hand-washing facts

4. What does the word "accumulate" mean as used in paragraph 2? *

   Mark only one oval.

   □ a. discard
   □ b. collect
   □ c. decrease
   □ d. brush

5. The author uses paragraph 3 to help the reader understand - ? *

   Mark only one oval.

   □ a. the way we transfer germs from our hands to our face
   □ b. the reason people touch their faces so much throughout the day
   □ c. the reason we encourage people to wash their hands instead of simply telling them to stop touching their faces
   □ d. the ways over-washing can backfire
6. What does paragraph 4 suggest about hand sanitizer? *
   
   Mark only one oval.

   a. that it's an appropriate substitute for hand-washing  
   [ ] b. that it is not useful because people misuse it and don't check the label to ensure it contains at least 60% alcohol  
   [ ] c. that we shouldn't use it because it isn't as effective as washing our hands  
   [ ] d. that it is good to use when you need to clean your hands, but you don't have access to soap and water

7. According to the article, what is a mucous membrane? *

   
   
   
   
   
   
   
   

8. What does the author mean by "backfire" in paragraph 5? Use text evidence to support your answer. *
9. How is washing your hands different from using hand sanitizer? Use text evidence to support your answer.

10. Summarize the article in 3-4 sentences.