

Personal hygiene questionnaire

Leave your name off. Answer about your own habits yesterday and over the last 7 days, and skip anything you prefer not to answer.

Class or group

Date

For each statement, tick one box from 1 (strongly disagree) to 5 (strongly agree).

1 Yesterday, when did you wash your hands with soap? (tick all that apply)

- ☐ After the toilet ☐ Before eating ☐ Before cooking ☐ After a sneeze or cough
☐ After touching trash ☐ None of these

2 When you wash your hands, for how many seconds do you rub them with soap?

- ☐ Under 10 ☐ 10 to 19 ☐ 20 or more ☐ I rarely use soap

3 On how many of the last 7 days did you have a shower or bath?

- ☐ 0 to 2 days ☐ 3 or 4 days ☐ 5 or 6 days ☐ All 7 days

4 How many times did you brush your teeth yesterday?

- ☐ None ☐ Once ☐ Twice ☐ 3 or more

5 On how many of the last 7 days did you put on clean underwear?

- ☐ 0 to 2 days ☐ 3 or 4 days ☐ 5 or 6 days ☐ All 7 days

6 When did you last cut or clean your fingernails?

- ☐ Last 7 days ☐ 1 to 2 weeks ago ☐ 3 to 4 weeks ago ☐ Longer ago

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
7 I can always get soap and water to wash my hands.	1	2	3	4	5					
8 I know when it matters most to wash my hands.	1	2	3	4	5					
9 Keeping myself clean helps me avoid getting sick.	1	2	3	4	5					
10 I have the soap and toothpaste I need at home.	1	2	3	4	5					
11 Taking time to keep clean is worth it, even on busy days.	1	2	3	4	5					
12 What, if anything, makes it harder for you to keep clean?										

Optional questions (1 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Hands, coughs and sneezes

13 When you are out and cannot get to a sink, what do you clean your hands with?

- ☐ Hand sanitizer ☐ Wet wipes ☐ Nothing ☐ I always find a sink

14 When you cough or sneeze and have no tissue, what do you cover it with?

- ☐ My elbow or sleeve ☐ My hand ☐ Nothing ☐ Something else

15 Where is it hardest for you to wash your hands? (tick all that apply)

- ☐ At school ☐ At work ☐ Public toilets ☐ Eating out ☐ Nowhere

16 Which of these do you share with anyone else? (tick all that apply)

- ☐ Towels ☐ Razors ☐ Toothbrushes ☐ Hairbrushes ☐ None of these

Teeth and mouth

17 How long do you usually brush your teeth each time?

- ☐ Under 1 minute ☐ 1 to 2 minutes ☐ 2 minutes or more ☐ Not sure

18 Does the toothpaste you use contain fluoride?

- ☐ Yes ☐ No ☐ Not sure

19 When did you last get a new toothbrush or brush head?

- ☐ Under 3 months ago ☐ 3 or 4 months ago ☐ Over 4 months ago ☐ Can't remember

20 On how many of the last 7 days did you clean between your teeth with floss, picks or small brushes?

- ☐ None ☐ 1 to 3 days ☐ 4 to 6 days ☐ All 7 days

21 When did you last see a dentist or dental hygienist?

- ☐ In the last 12 months ☐ 1 to 2 years ago ☐ Over 2 years ago ☐ Never

Optional questions (2 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Help with personal care (health history)

22 Do you need help to wash yourself in the bath or shower?

☐ No help ☐ Some help ☐ Full help

23 Do you need help to brush your teeth or clean dentures?

☐ No help ☐ Some help ☐ Full help

24 Do you need help with your hair, shaving or nails?

☐ No help ☐ Some help ☐ Full help

25 Is anything making washing or grooming harder at the moment? (tick all that apply)

☐ Pain ☐ Tiredness ☐ Breathing ☐ Balance ☐ Memory ☐ Nothing

26 How do you like to wash and care for yourself, and at what time of day?

Hygiene knowledge check

27 How long should you scrub your hands with soap?

☐ 5 seconds ☐ 10 seconds ☐ At least 20 seconds ☐ Not sure

28 When is soap and water better than hand sanitizer?

☐ Hands look dirty or greasy ☐ Never ☐ Only before meals ☐ Not sure

29 How long should you brush your teeth each time?

☐ 30 seconds ☐ 1 minute ☐ 2 minutes ☐ Not sure

30 You need to sneeze and have no tissue. What should you use?

☐ My hands ☐ My elbow ☐ Nothing ☐ Not sure

Optional questions (3 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

At school (students answer)

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
31 The school toilets have soap when I need it.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
32 There is enough time to wash my hands before lunch.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
33 I am comfortable using the toilets at school.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
34 This school year, has a lesson covered handwashing or hygiene? ☐ Yes ☐ No ☐ Not sure					

About you (optional)

35 How old are you?
☐ Under 13 ☐ 13 to 17 ☐ 18 to 29 ☐ 30 to 59 ☐ 60 or over

36 Which describes you best?
☐ School student ☐ College student ☐ Working ☐ Not working ☐ Retired

37 What is your gender?
☐ Girl or woman ☐ Boy or man ☐ Another way ☐ Prefer not to say

Thank you. Your answers are anonymous.

poll-maker.com/cp-health-and-hygiene