

# Certification in Infection Prevention and Control (CIC) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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- 1. Which of the following is NOT a benefit of an infection control committee?**
  - A. Promotes accountability for infection prevention**
  - B. Ensures adherence to infection prevention standards**
  - C. Improves patient satisfaction scores**
  - D. Encourages team-based approaches to infection control**
  
- 2. What is the importance of environmental cleaning in infection control?**
  - A. To enhance the aesthetic appeal of the healthcare facility**
  - B. To reduce the number of pathogens on surfaces**
  - C. To maintain compliance with administrative policies**
  - D. To improve patient flow within the healthcare setting**
  
- 3. What could the differential blood count indicate if neutrophils are at 90% and lymphocytes at 60%?**
  - A. Sepsis**
  - B. Viral infection**
  - C. Chronic bacterial infection**
  - D. Both viral infection and acute suppurative infection**
  
- 4. Which lung sounds are commonly associated with Legionnaires' disease?**
  - A. Wheezing**
  - B. Rhonchi**
  - C. Crackles**
  - D. Stridor**
  
- 5. Which type of reservoir is most likely for gas gangrene infections?**
  - A. Other people**
  - B. Food**
  - C. Soil**
  - D. Animals**

**6. What does the term 'atrophy' refer to in a clinical context?**

- A. Elevation of the skin**
- B. Thinning of the skin layers**
- C. Presence of pus-filled lesions**
- D. Skin irritation or abrasion**

**7. What personal protective equipment (PPE) is required when handling blood or potentially infectious materials?**

- A. Only gloves are required**
- B. Gloves, masks, eye protection, and gowns**
- C. Only masks and gloves are needed**
- D. Safety goggles and face shields only**

**8. What crucial question should a home health nurse ask to assess for a latex allergy?**

- A. "Have you ever had an allergic reaction to shellfish or iodine?"**
- B. "Tell me what you use to wash your hands after toileting?"**
- C. "When you were a child, did you have frequent infections?"**
- D. "Have you had any unusual symptoms after blowing up balloons?"**

**9. According to the latest CDC guidelines, which substance is not covered by standard precautions?**

- A. Urine**
- B. Blood**
- C. Sweat**
- D. Vomit**

**10. What type of precautions apply to contact with blood and body fluids from all patients?**

- A. Universal precautions**
- B. Standard precautions**
- C. Contact precautions**
- D. Airborne precautions**

## **Answers**

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1. C
2. B
3. D
4. C
5. C
6. B
7. B
8. D
9. C
10. B

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## **Explanations**

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**1. Which of the following is NOT a benefit of an infection control committee?**

- A. Promotes accountability for infection prevention**
- B. Ensures adherence to infection prevention standards**
- C. Improves patient satisfaction scores**
- D. Encourages team-based approaches to infection control**

Improving patient satisfaction scores is not a primary benefit of an infection control committee, even though effective infection control practices can contribute to overall patient satisfaction indirectly. The main functions of an infection control committee focus on establishing and maintaining protocols, enhancing accountability, ensuring that infection prevention standards are met, and promoting a team-based approach to reducing infection risks. The primary benefits of an infection control committee revolve around fostering a culture of safety and compliance within healthcare settings. By promoting accountability, the committee encourages all staff members to take responsibility for their role in preventing infections. Ensuring adherence to established infection prevention standards helps mitigate risks and provides a framework for consistent practice in infection control. Additionally, encouraging team-based approaches fosters collaboration across various departments and disciplines, leading to more comprehensive and effective infection prevention strategies. While improved patient satisfaction may be a positive outcome of successful infection prevention efforts, it is secondary to the direct goals of the infection control committee, which focuses primarily on minimizing the risk of infections and enhancing safety in healthcare environments.

**2. What is the importance of environmental cleaning in infection control?**

- A. To enhance the aesthetic appeal of the healthcare facility**
- B. To reduce the number of pathogens on surfaces**
- C. To maintain compliance with administrative policies**
- D. To improve patient flow within the healthcare setting**

The significance of environmental cleaning in infection control primarily revolves around its role in reducing the number of pathogens on surfaces. Proper cleaning and disinfection practices minimize the contamination of surfaces that patients and healthcare workers frequently come into contact with, thereby decreasing the potential for infection transmission. By effectively removing dirt, organic matter, and infectious agents from the environment, healthcare facilities can create a safer atmosphere for patients, staff, and visitors. This is particularly critical in healthcare settings where vulnerable populations are present, as they are at a higher risk for healthcare-associated infections. A clean environment thus directly contributes to improved patient outcomes and enhances overall patient safety. While maintaining an aesthetically pleasing environment, adhering to administrative policies, and improving patient flow may be beneficial side effects of environmental cleaning, the primary focus in the context of infection control remains on minimizing the presence of pathogens to safeguard health and prevent outbreaks.

**3. What could the differential blood count indicate if neutrophils are at 90% and lymphocytes at 60%?**

- A. Sepsis**
- B. Viral infection**
- C. Chronic bacterial infection**
- D. Both viral infection and acute suppurative infection**

The differential blood count showing neutrophils at 90% and lymphocytes at 60% suggests a complex situation that includes both elements indicative of an acute response and a potential viral influence. Neutrophils are often elevated in response to acute bacterial infections or inflammatory processes, while lymphocytes typically represent the body's immune response to viral infections. In this scenario, the high percentage of neutrophils indicates a significant acute inflammatory response, which aligns with the body's reaction to acute suppurative (pus-forming) infections, commonly seen with bacterial infections. At the same time, an elevated percentage of lymphocytes could also signify a concurrent viral infection. In some cases, the body may experience both bacterial and viral infections simultaneously, which can lead to this lab finding. Therefore, the result highlights the possibility of an acute suppurative infection along with a viral element, making the combined interpretation essential for diagnosis and management. This dual interpretation supports the conclusion that both a viral infection and an acute bacterial infection may be present, which explains why the selected answer encompasses both possibilities effectively.

**4. Which lung sounds are commonly associated with Legionnaires' disease?**

- A. Wheezing**
- B. Rhonchi**
- C. Crackles**
- D. Stridor**

Crackles, also known as rales, are commonly associated with Legionnaires' disease due to the disease's impact on the lungs. In Legionnaires' disease, which is a severe form of pneumonia caused by the *Legionella* bacteria, inflammation and fluid accumulation in the alveoli can occur. This leads to the characteristic crackling sounds heard when a healthcare professional auscultates the lungs. These sounds indicate that there are fluid-filled or inflamed areas in the respiratory system, which is typical in patients presenting with pneumonia. Understanding the different types of lung sounds is crucial in the field of infection prevention and control because they can assist in early detection and diagnosis of respiratory infections, including those caused by *Legionella*. By recognizing crackles, healthcare providers can initiate appropriate investigations and interventions promptly.

**5. Which type of reservoir is most likely for gas gangrene infections?**

- A. Other people**
- B. Food**
- C. Soil**
- D. Animals**

Gas gangrene is primarily associated with spores of Clostridium species, particularly Clostridium perfringens, which are naturally found in the soil. These bacteria can survive in a dormant spore form in the environment and can enter the body through traumatic injuries, such as wounds or surgical incisions. Once inside the body, these spores can become active in anaerobic conditions, leading to the rapid onset of gas gangrene. Soil serves as a key reservoir for these bacteria due to its ability to harbor a variety of microorganisms, including those capable of causing infection. The presence of organic material in the soil also supports the growth of Clostridium species. Unlike other options, such as other people, food, or animals, soil remains a more direct and effective immediate source of contamination that can result in the disease, particularly in scenarios involving injuries where the bacteria can be introduced into the body. Understanding the natural reservoirs of pathogens is crucial for infection prevention and control, as this knowledge helps healthcare professionals implement effective strategies to mitigate risks associated with these infections.

**6. What does the term 'atrophy' refer to in a clinical context?**

- A. Elevation of the skin**
- B. Thinning of the skin layers**
- C. Presence of pus-filled lesions**
- D. Skin irritation or abrasion**

Atrophy in a clinical context refers to the thinning of skin layers, which can occur due to various factors such as aging, prolonged exposure to corticosteroids, or underlying diseases. When the skin undergoes atrophy, it loses its structural integrity and elasticity, resulting in a more fragile skin surface that is more susceptible to injury and infection. This thinning can affect not just the outer layer of the skin, but also the underlying structures, leading to potential complications in wound healing and overall skin health. Other potential terms might relate to different conditions; for example, elevation of the skin typically refers to processes such as edema or lesions, while the presence of pus-filled lesions indicates infection or abscess formation, both of which are distinctly different from atrophy. Skin irritation or abrasion pertains to external damage to the surface skin, which contrasts with the internal process of atrophy where there is a reduction in the skin structure itself. Understanding these distinctions is vital for proper diagnosis and treatment in clinical practice.

**7. What personal protective equipment (PPE) is required when handling blood or potentially infectious materials?**

- A. Only gloves are required**
- B. Gloves, masks, eye protection, and gowns**
- C. Only masks and gloves are needed**
- D. Safety goggles and face shields only**

When handling blood or potentially infectious materials, the requirement for personal protective equipment (PPE) aligns with standard precautions intended to minimize the risk of exposure to infections. This comprehensive approach necessitates the use of gloves, masks, eye protection, and gowns. Gloves serve as a primary barrier to protect the skin from direct contact with infectious substances. Masks are essential in preventing respiratory exposure to infectious droplets or sprays while eye protection safeguards against splashes that could contaminate the mucous membranes of the eyes. Gowns provide an additional protective layer, shielding clothing and skin from spills or splashes that may occur during procedures involving blood or potentially infectious materials. Together, this combination of PPE is critical in healthcare settings to ensure the safety of both healthcare workers and patients, adhering to established infection control protocols. By utilizing all four components—gloves, masks, eye protection, and gowns—professionals effectively minimize the risk of transmission of infections associated with handling these materials.

**8. What crucial question should a home health nurse ask to assess for a latex allergy?**

- A. "Have you ever had an allergic reaction to shellfish or iodine?"**
- B. "Tell me what you use to wash your hands after toileting?"**
- C. "When you were a child, did you have frequent infections?"**
- D. "Have you had any unusual symptoms after blowing up balloons?"**

The selection of the question regarding unusual symptoms after blowing up balloons is particularly astute for assessing a latex allergy. Latex allergies are commonly associated with the use of latex products, and balloons are a frequent source of exposure. Individuals with a latex allergy may experience immediate or delayed allergic reactions when they come into contact with latex, including symptoms like skin rashes, hives, or respiratory issues after exposure. This question directly pertains to a known trigger and can elicit specific information about any symptoms that may indicate a sensitivity or allergic reaction to latex. In contrast, the other options do not specifically relate to latex allergy. Inquiring about allergic reactions to shellfish or iodine assesses for different types of allergies and would not provide pertinent information regarding latex exposure. Asking about handwashing habits might reveal information about hygiene practices but wouldn't indicate a latex allergy. Similarly, questions about childhood infections do not correlate with the risk factors or symptoms related to latex sensitivity. Therefore, the question posed about blowing up balloons is particularly relevant for identifying potential latex allergies based on common sources of exposure.

**9. According to the latest CDC guidelines, which substance is not covered by standard precautions?**

- A. Urine**
- B. Blood**
- C. Sweat**
- D. Vomit**

The correct choice points to sweat as the substance that is not covered by standard precautions. Standard precautions are the minimum infection prevention practices that apply to all patient care, regardless of the suspected or confirmed infection status of the patient. They involve the use of personal protective equipment (PPE) and specific measures to prevent the spread of infection. Blood, urine, and vomit are all potentially infectious materials that require careful handling and the application of standard precautions to reduce the risk of transmission. These substances can contain pathogens that pose a risk for transmission of infections, necessitating the use of gloves, gowns, and other protective measures when handling them. On the other hand, sweat is not considered a risk for transmission of infections in the same way that the other substances are. The CDC does not consider sweat to be a body fluid that routinely requires standard precautions because it is not typically associated with the spread of infectious agents. Thus, understanding the roles different body fluids play in infection transmission helps clarify why sweat falls outside the scope of standard precautions.

**10. What type of precautions apply to contact with blood and body fluids from all patients?**

- A. Universal precautions**
- B. Standard precautions**
- C. Contact precautions**
- D. Airborne precautions**

The correct choice is standard precautions, which are designed to protect healthcare workers and patients from infections transmitted through blood and other body fluids. This approach is essential because it assumes that all blood, body fluids, non-intact skin, and mucous membranes have the potential to contain infectious agents. Standard precautions encompass a variety of practices, including hand hygiene, the use of personal protective equipment (PPE) such as gloves, masks, gowns, and safe disposal of sharps. By applying these precautions universally to all patients, healthcare professionals can minimize the risk of transmission of infections regardless of the perceived risk for a given patient. In contrast, universal precautions primarily focus on blood and certain body fluids from patients known to be infectious, which is a more limited application. Contact precautions are specific to situations where infections are spread through skin-to-skin contact or through contact with contaminated surfaces, and airborne precautions relate to diseases that are spread through the air, such as tuberculosis. Thus, standard precautions are the most comprehensive and appropriate approach in situations involving all patients and their body fluids.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cic.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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