**5 Moments for Hand Hygiene Assessment**

**1. When should the 5 moments of hand hygiene be performed?**

1. At the nurse’s station
2. At the point of care
3. At the nearest sink
4. Before starting a shift

**2. How long should handwashing take according to the World Health Organization?**

1. Less than 20 seconds
2. 20-30 seconds
3. 30-40 seconds
4. 40-60 seconds

**3. How long should hand-rubbing with alcohol-based hand rub take?**

1. 5 - 10 seconds
2. 20-30 seconds
3. 30-40 seconds
4. 40-60 seconds

**4. How should you clean your hands if they are visibly soiled or dirty?**

1. With soap and water
2. With alcohol-based rub
3. With either soap and water or alcohol-based rub
4. Use both soap and water and alcohol-based rub

**5. Why is hand hygiene recommended before touching a patient (Moment 1)**

1. To prevent contamination of equipment and surfaces
2. To protect the healthcare worker from the patient’s microbial flora
3. To protect the patient from harmful germs that you may be carrying
4. To prevent contamination of environment from the patient’s microbial flora

**6. Which of the following pathogens can be transmitted from healthcare workers to patients due to lapses in hand hygiene?**

1. MRSA
2. Norovirus
3. *Clostridioides difficile*
4. *All of these*