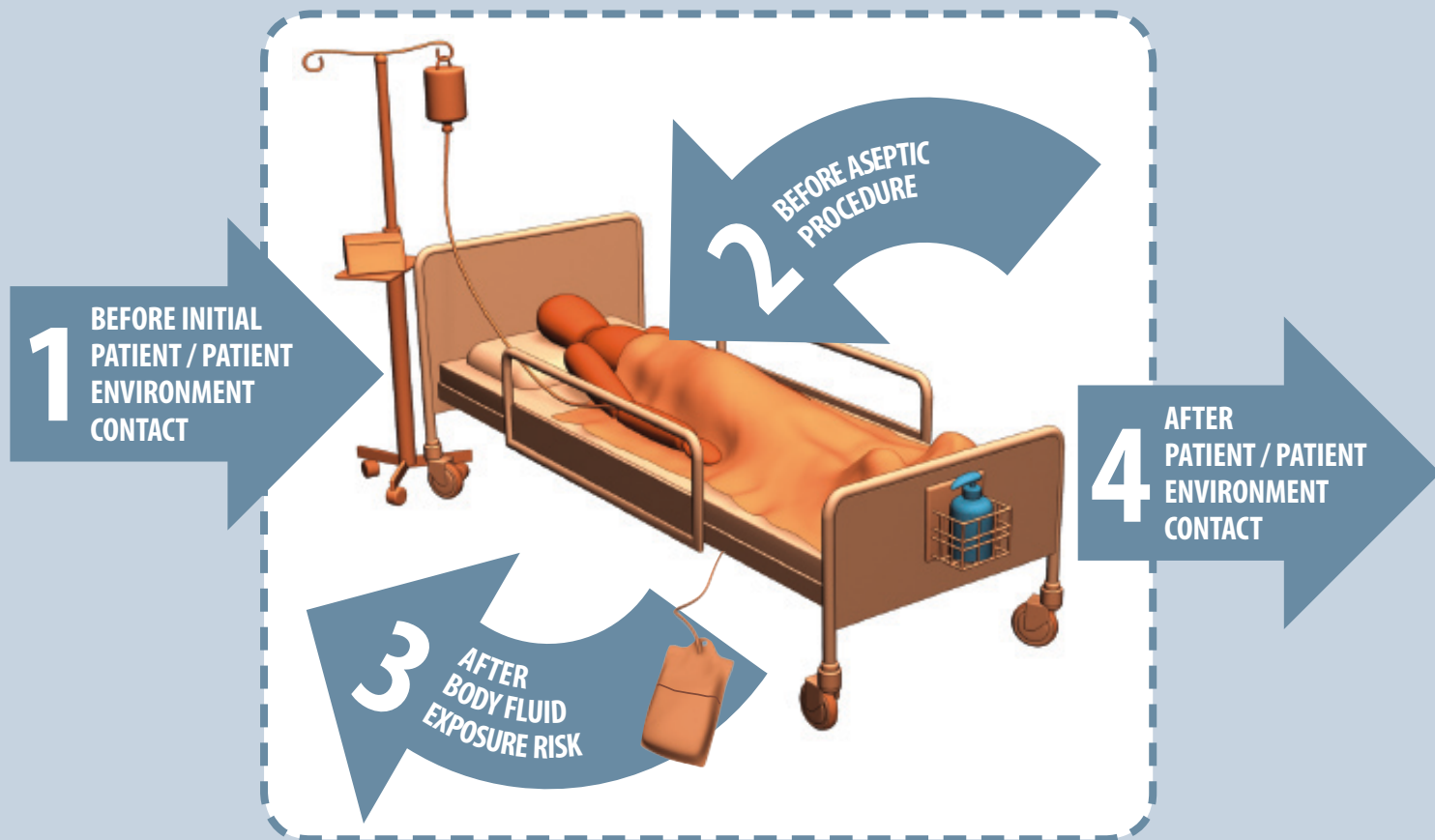


Your 4 Moments for Hand Hygiene



| | |
|---|---|
| 1 BEFORE initial patient / patient environment contact | WHEN? Clean your hands when entering: <ul style="list-style-type: none"> • before touching patient or • before touching any object or furniture in the patient's environment WHY? To protect the patient/patient environment from harmful germs carried on your hands |
| 2 BEFORE aseptic procedure | WHEN? Clean your hands immediately before any aseptic procedure WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or her body |
| 3 AFTER body fluid exposure risk | WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal) WHY? To protect yourself and the health care environment from harmful patient germs |
| 4 AFTER patient / patient environment contact | WHEN? Clean your hands when leaving: <ul style="list-style-type: none"> • after touching patient or • after touching any object or furniture in the patient's environment WHY? To protect yourself and the health care environment from harmful patient germs |

Adapted from WHO poster "Your 5 moments for Hand Hygiene", 2006.