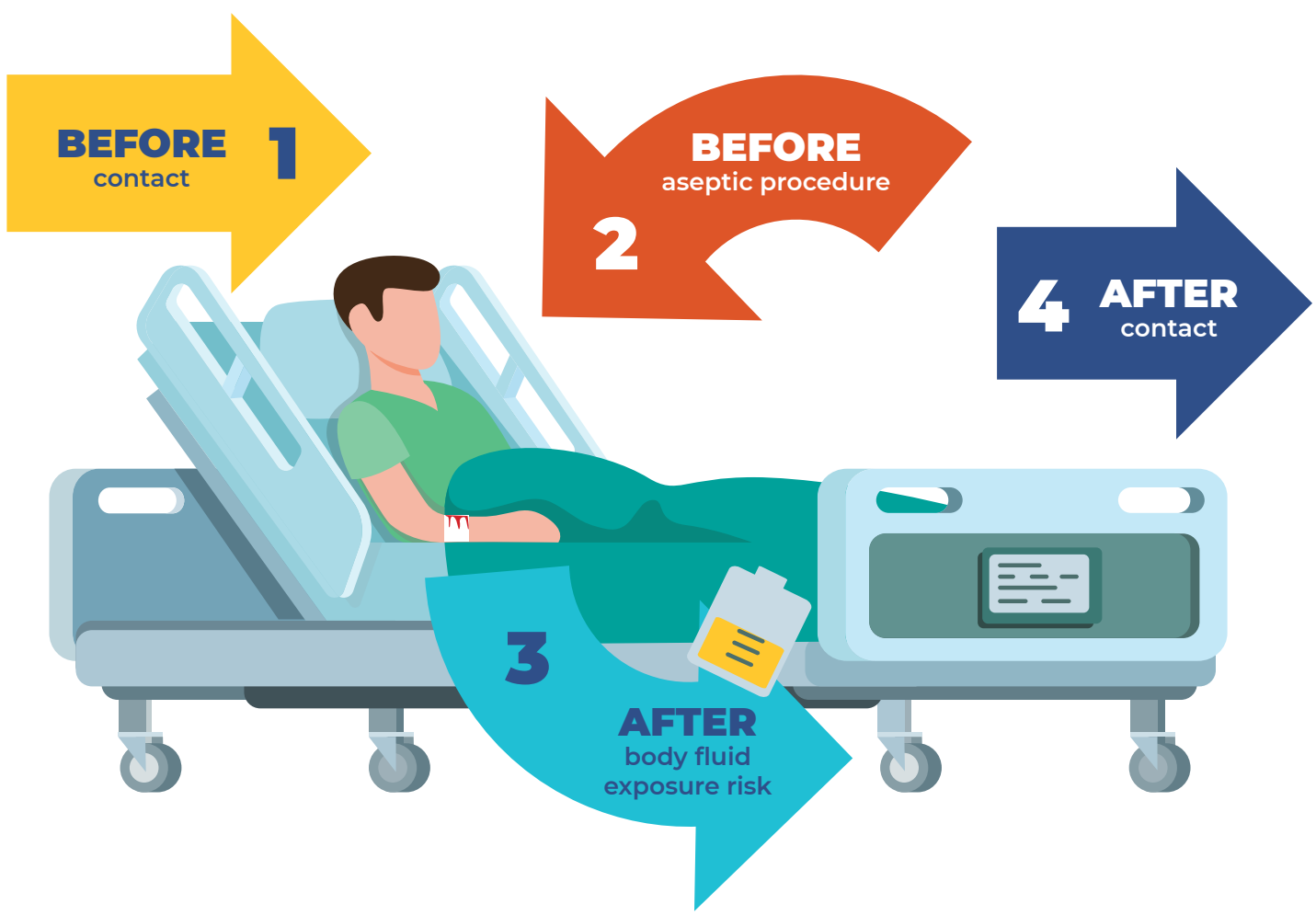


# Your 4 Moments for Hand Hygiene



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

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