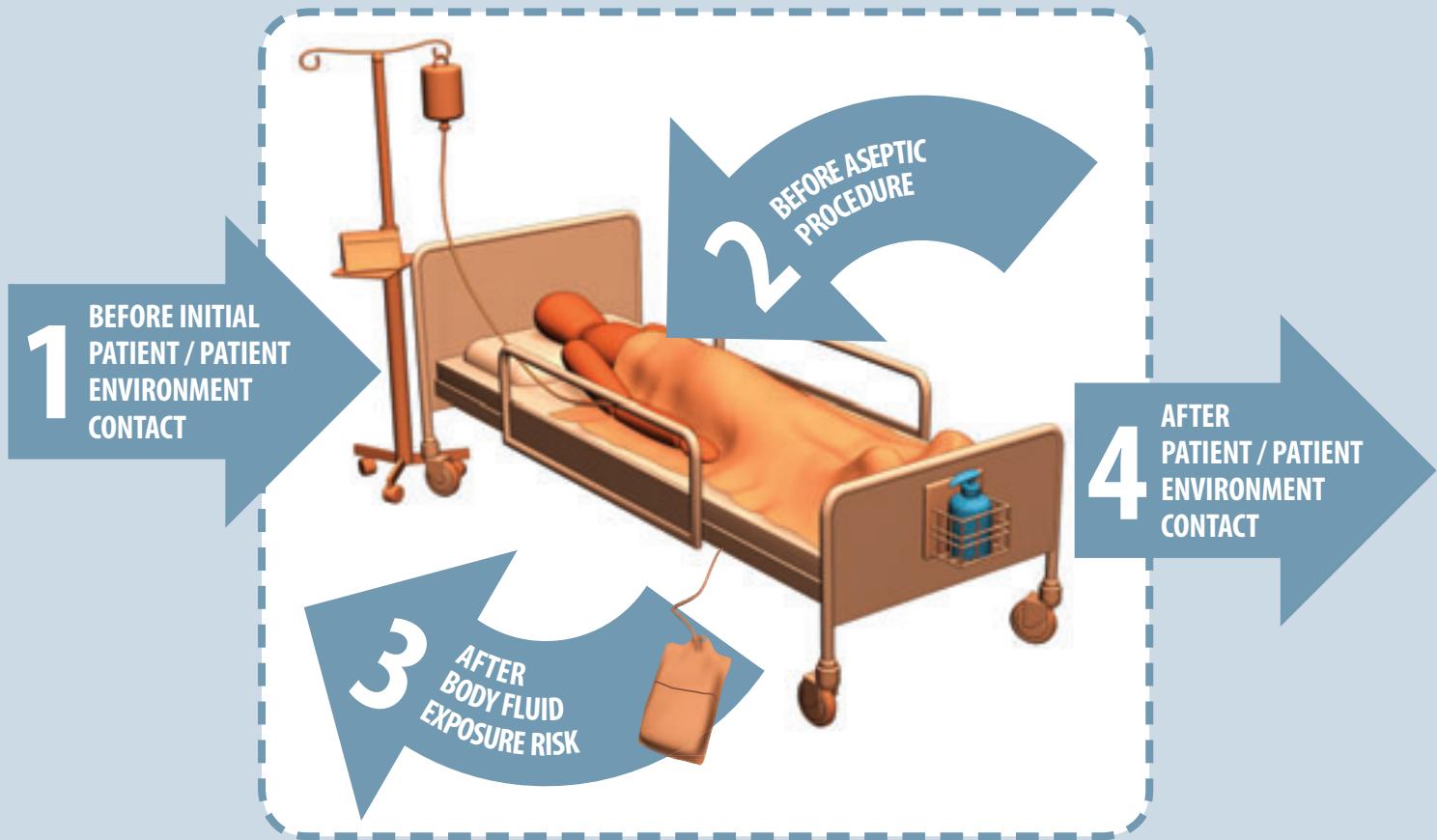


# Your 4 Moments for Hand Hygiene



<b>1</b> BEFORE initial patient / patient environment contact	<b>WHEN?</b> Clean your hands when entering: • before touching patient or • before touching any object or furniture in the patient's environment <b>WHY?</b> To protect the patient/patient environment from harmful germs carried on your hands
<b>2</b> BEFORE aseptic procedure	<b>WHEN?</b> Clean your hands immediately before any aseptic procedure <b>WHY?</b> To protect the patient against harmful germs, including the patient's own germs, entering his or her body
<b>3</b> AFTER body fluid exposure risk	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal) <b>WHY?</b> To protect yourself and the health care environment from harmful patient germs
<b>4</b> AFTER patient / patient environment contact	<b>WHEN?</b> Clean your hands when leaving: • after touching patient or • after touching any object or furniture in the patient's environment <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.