

Your 5 moments for **HAND HYGIENE**



Germs. Wash your hands of them.

Based on WHO poster 'Your 5 Moments for Hand Hygiene' and reproduced with their kind permission.

**1 BEFORE TOUCHING
A PATIENT**

WHEN? Clean your hands before touching a patient when approaching him or her
WHY? To protect the patient against harmful germs carried on your hands

**2 BEFORE CLEAN/
ASEPTIC
PROCEDURE**

WHEN? Clean your hands immediately before performing a clean/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 TOUCHING
A PATIENT**

WHEN? Clean your hands after touching a patient and his or her immediate surroundings when leaving
WHY? To protect yourself and the health-care environment from harmful patient germs

**5 AFTER TOUCHING
PATIENT
SURROUNDINGS**

WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even without touching the patient
WHY? To protect yourself and the health-care environment from harmful patient germs