Your 5 Moments for Hand Hygiene

1. BEFORE TOUCHING A PATIENT
   WHEN?: Clean your hands before touching a patient when approaching him/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, from entering his/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/her immediate surroundings, when leaving the patient’s side.
   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 if the patient has not been touched.
   WHY?: To protect yourself and the health-care environment from harmful patient germs.