When?

YOUR 5 MOMENTS FOR HAND HYGIENE

1. **Before touching a patient**
   - **When:** Clean your hands before touching a patient when approaching hands/ears.
   - **Why:** To protect the patient against harmful germs carried on your hands.

2. **Before an 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 gloves removed).
   - **Why:** To protect yourself and the healthcare environment from harmful patient germs.

4. **After touching a patient**
   - **When:** Clean your hands after touching any object or furniture in the patient's immediate surroundings, when bearing—
     even if the patient has not been touched.
   - **Why:** To protect yourself and the healthcare 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 bearing—
     even if the patient has not been touched.
   - **Why:** To protect yourself and the healthcare environment from harmful patient germs.

---

World Health Organization

Patient Safety

© WHO, 2009. All Rights Reserved.

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.