Your 4 Moments for Hand Hygiene

1. **Before Patient/Patient Environment Contact**
   - **WHEN?** Clean your hands before touching the patient, or any object or equipment in the patient’s environment.
   - **WHY?** To protect the patient/patient environment 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 Patient / Patient Environment Contact**
   - **WHEN?** Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient’s side. 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.

Based on the 'My 5 moments for Hand Hygiene', URL: http://www.who.int/gpsc/5may/background/5moments/en/index.html © World Health Organization 2009. All rights reserved.