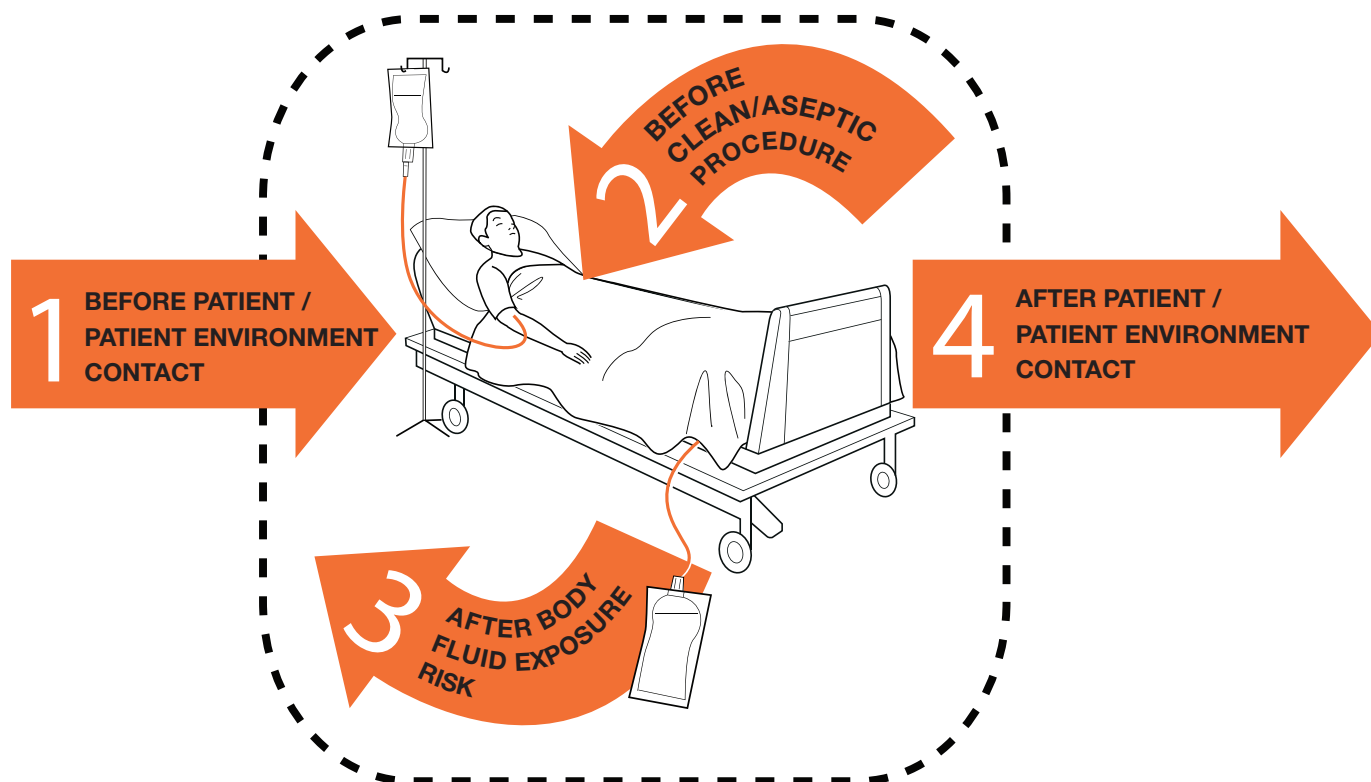


Your 4 Moments for Hand Hygiene



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.