

Your 4 Moments for Hand Hygiene



1 BEFORE INITIAL PATIENT / PATIENT ENVIRONMENT CONTACT

2 BEFORE ASEPTIC PROCEDURE

3 AFTER BODY FLUID EXPOSURE RISK

4 AFTER PATIENT / PATIENT ENVIRONMENT CONTACT

<p>1 BEFORE initial patient/patient environment contact</p>	<p>WHEN? Clean your hands when entering the patient's environment:</p> <ul style="list-style-type: none"> • before touching patient or • before touching any object or furniture <p>WHY? To protect the patient/patient environment from harmful germs carried on your hands</p>
<p>2 BEFORE aseptic procedure</p>	<p>WHEN? Clean your hands immediately before any aseptic procedure; for instance: changing a dressing, oral care, drawing blood, administering IV medication</p> <p>WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or her body</p>
<p>3 AFTER body fluid exposure risk</p>	<p>WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal)</p> <p>WHY? To protect yourself and the health care environment from harmful patient germs</p>
<p>4 AFTER patient / patient environment contact</p>	<p>WHEN? Clean your hands when leaving the patient's environment:</p> <ul style="list-style-type: none"> • after touching patient or • after touching any object or furniture <p>WHY? To protect yourself and the next patient from harmful patient germs</p>

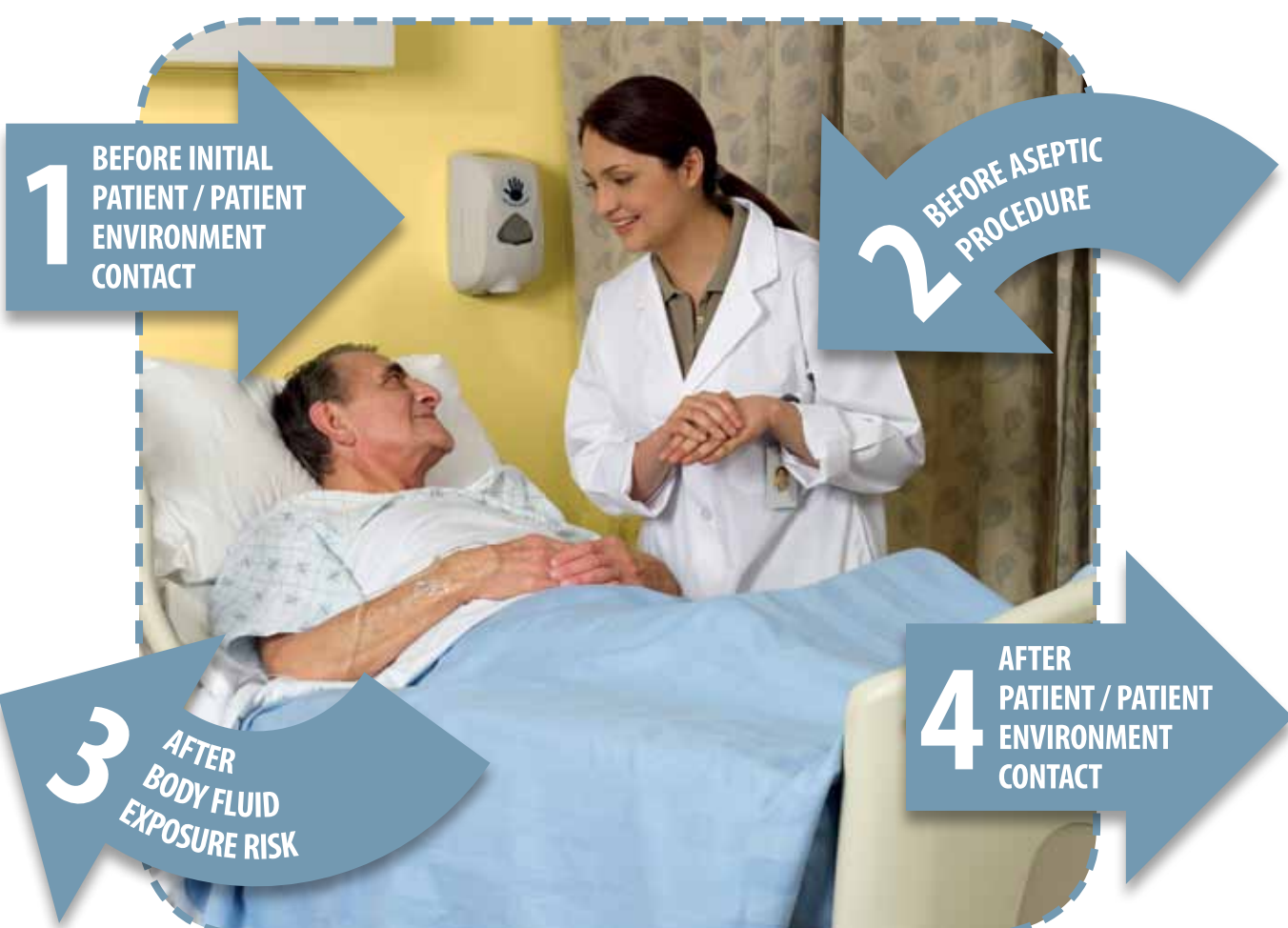
Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006.

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Your 4 Moments for Hand Hygiene

1

BEFORE INITIAL
PATIENT / PATIENT
ENVIRONMENT
CONTACT



CLEAN YOUR HANDS

when entering the patient's environment:

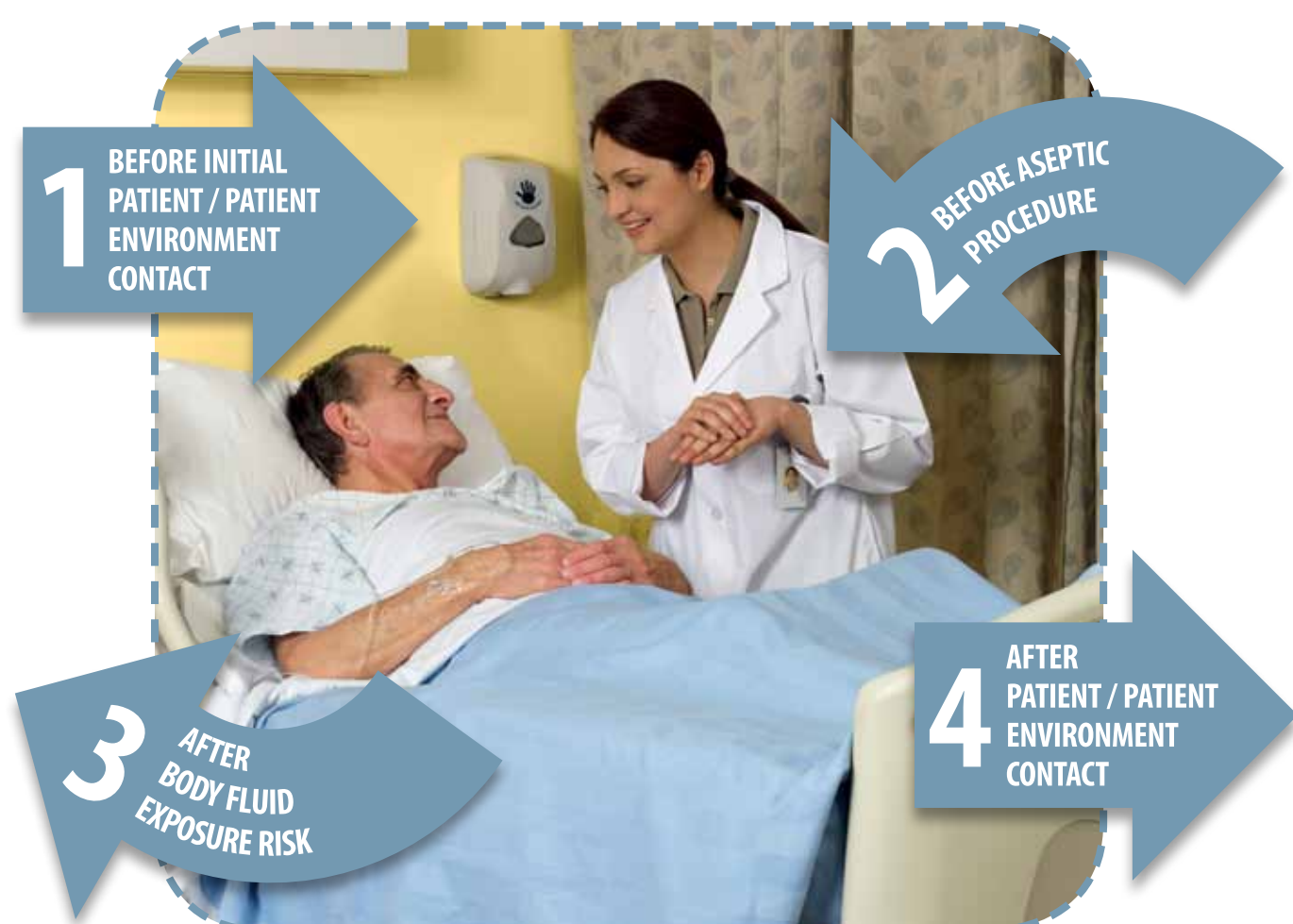
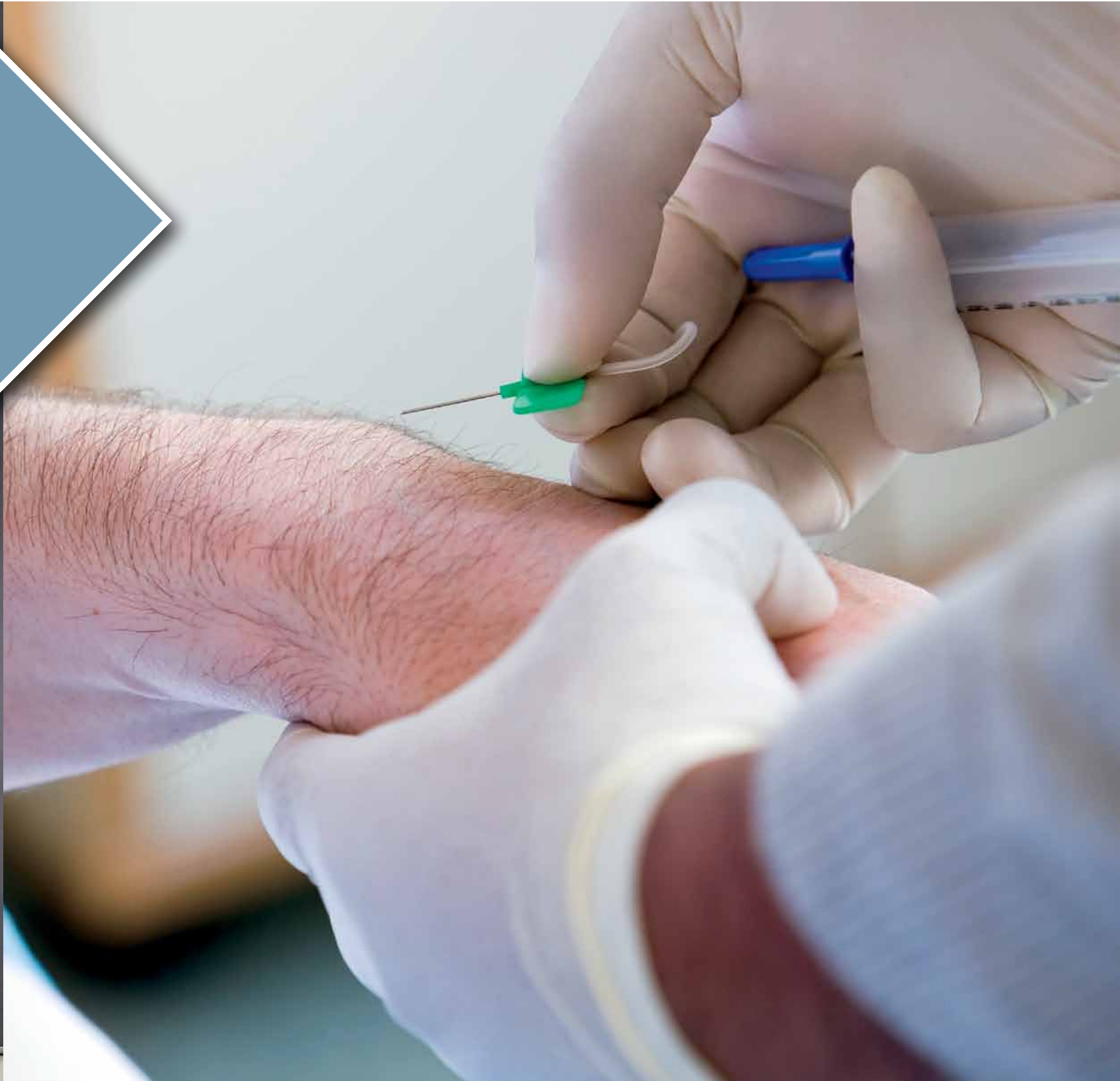
- before touching patient or
- before touching any object or furniture

WHY: To protect the patient/patient environment from harmful germs carried on your hands

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2 BEFORE ASEPTIC PROCEDURE



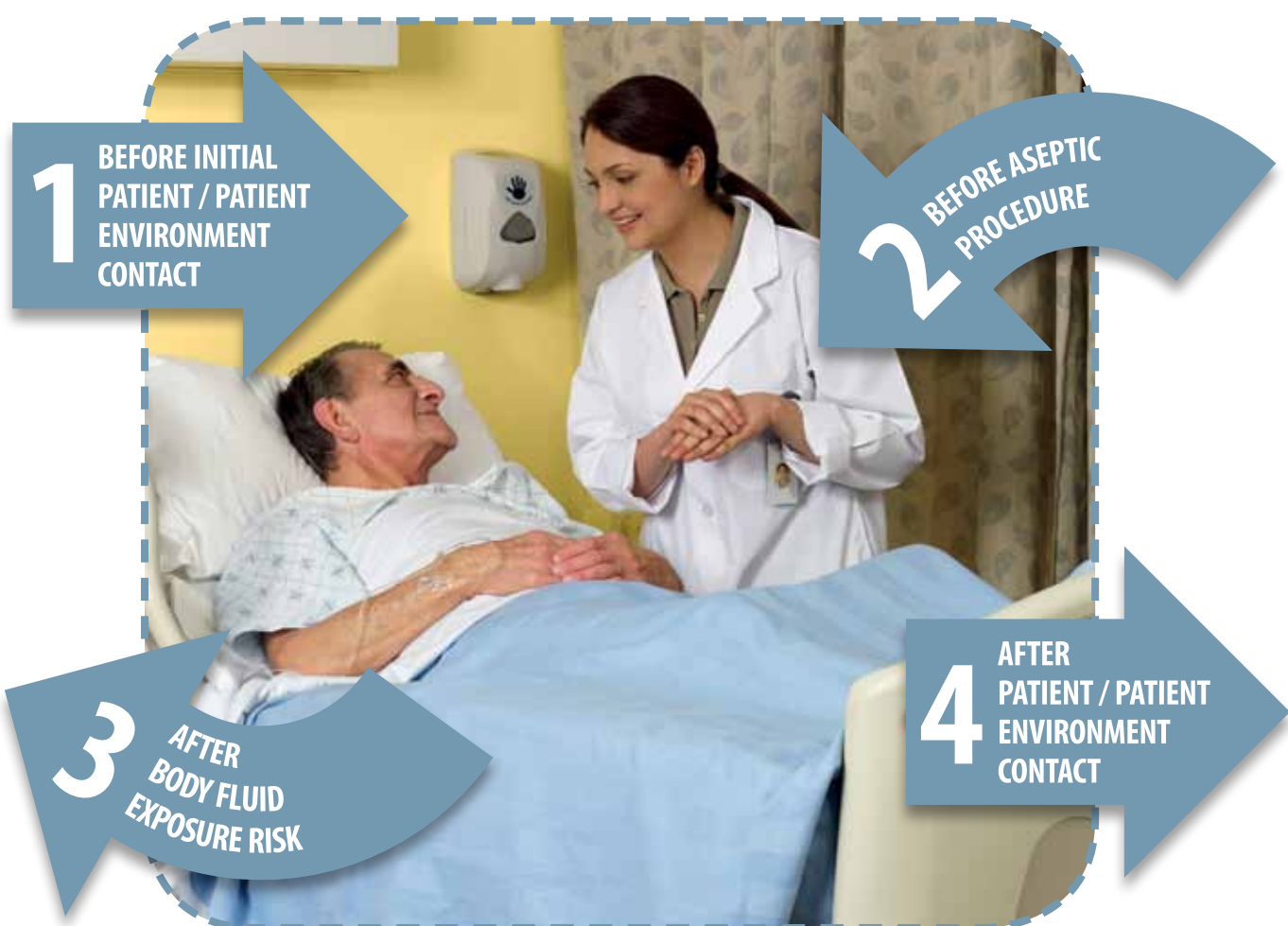
CLEAN YOUR HANDS immediately before any aseptic procedure; for instance: changing a dressing, oral care, drawing blood, administering IV medication

WHY: To protect the patient against harmful germs, including the patient's own germs, entering his or her body

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3 AFTER BODY FLUID EXPOSURE RISK



CLEAN YOUR HANDS immediately after an exposure risk to body fluids (and after glove removal)

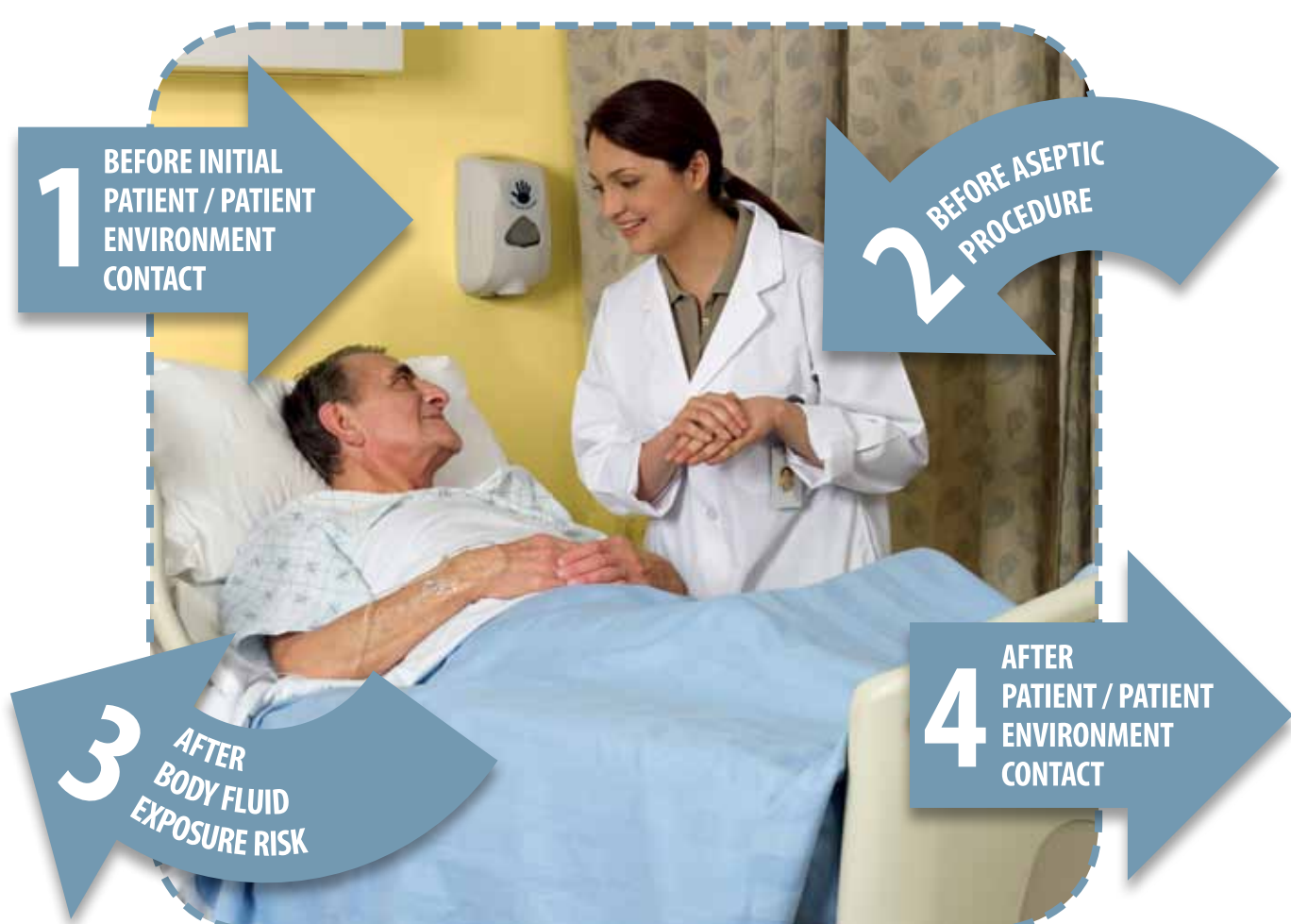
WHY: To protect yourself and the health care environment from harmful patient germs

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Your 4 Moments for Hand Hygiene

4

**AFTER PATIENT /
PATIENT
ENVIRONMENT
CONTACT**



CLEAN YOUR HANDS

when leaving the patient's environment:

- after touching patient or
- after touching any object or furniture

WHY: To protect yourself and the next patient from harmful patient germs

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