Your 5 Moments
for Hand Hygiene

1 BEFORE TOUCHING A PATIENT

2 BEFORE CLEAN/ASEPTIC PROCEDURE

3 AFTER BODY FLUID EXPOSURE RISK

4 AFTER TOUCHING A PATIENT

5 AFTER TOUCHING PATIENT SURROUNDINGS
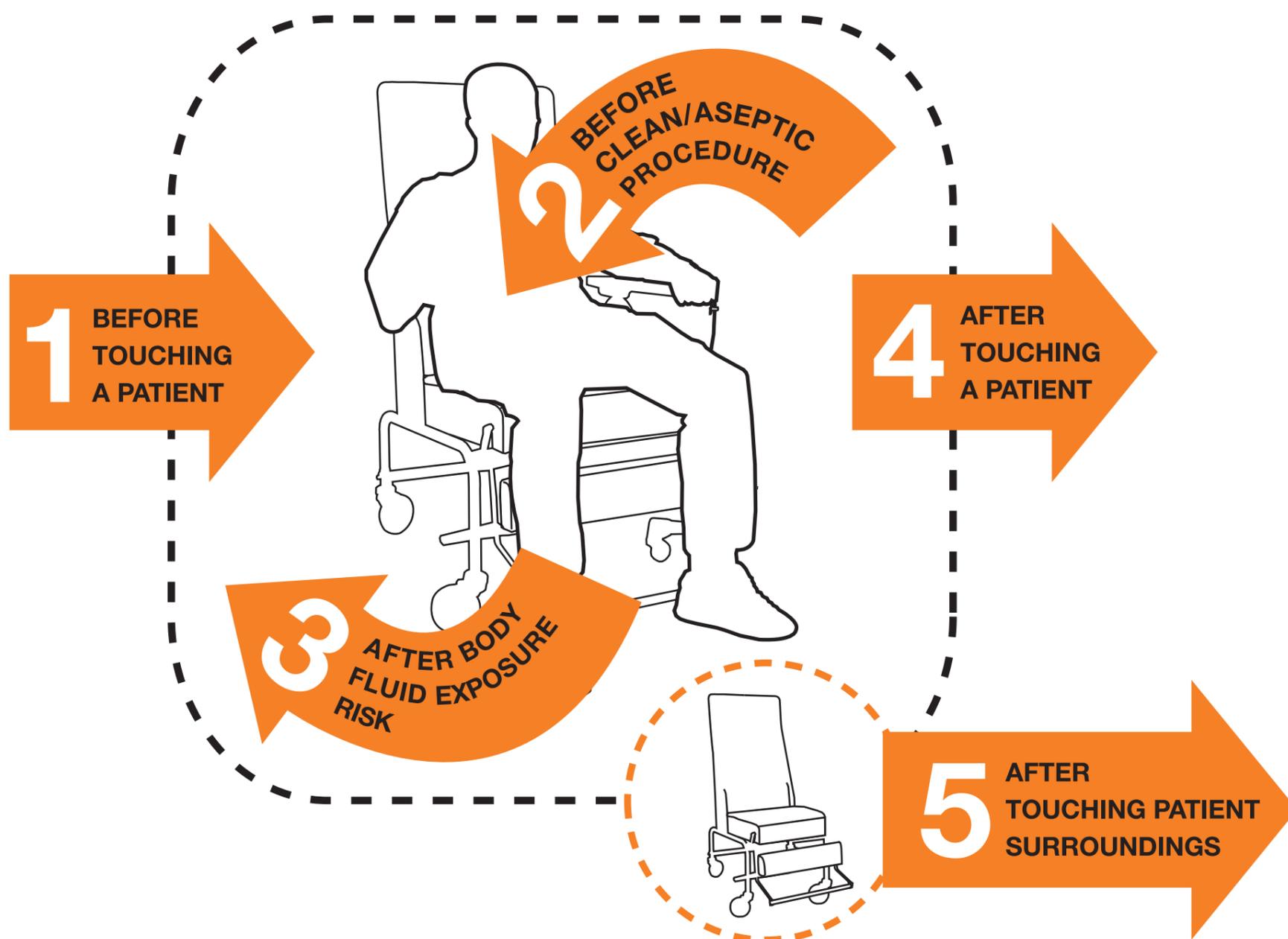
1	**BEFORE TOUCHING A PATIENT**	**WHEN?**	Clean your hands before touching a patient when approaching him/her.
		WHY?	To protect the patient against harmful germs carried on your hands.
2	**BEFORE CLEAN/ ASEPTIC PROCEDURE**	**WHEN?**	Clean your hands immediately before performing a clean/aseptic procedure.
		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 her/his 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.

World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean **Your** Hands

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