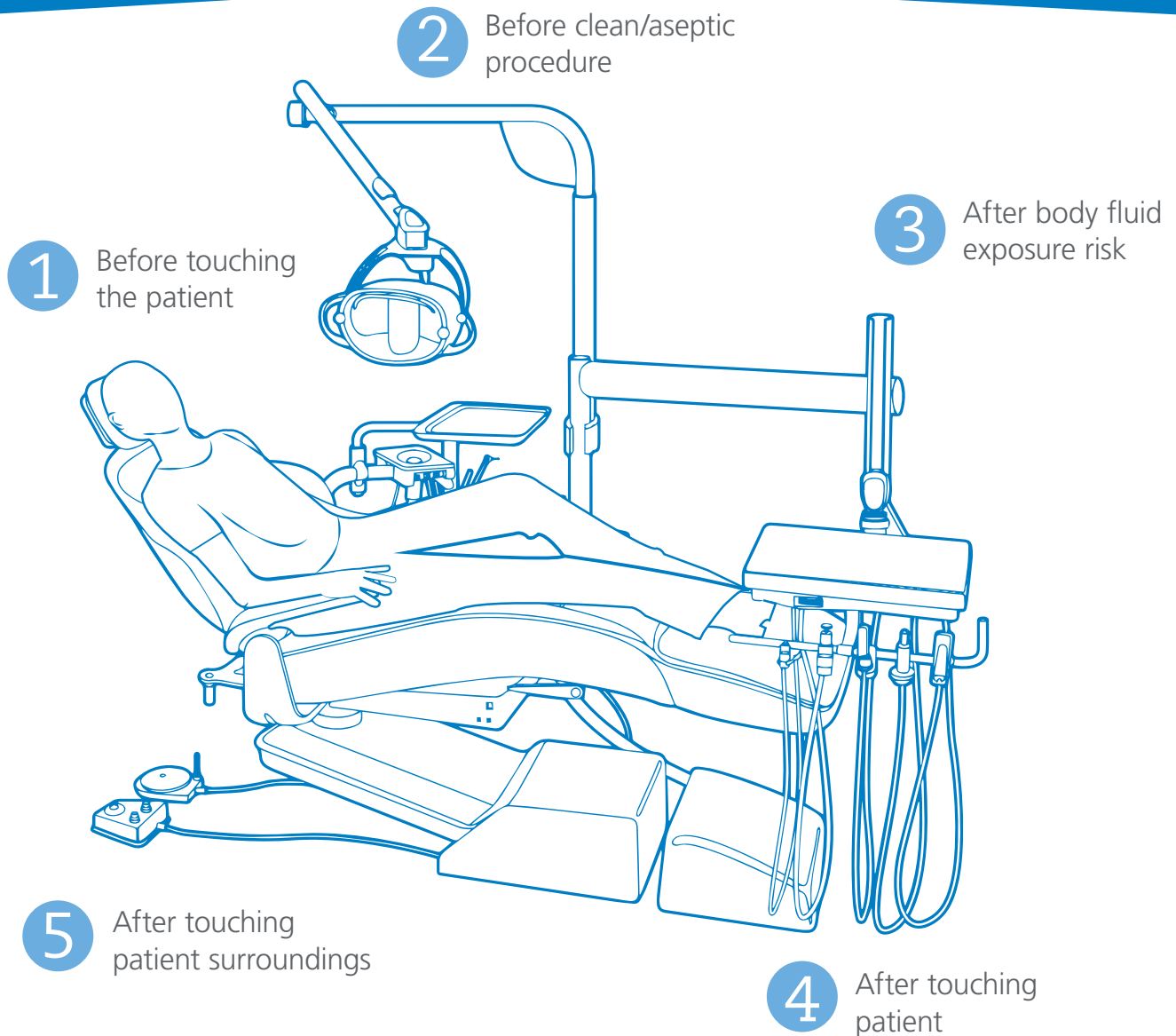


5 Moments of Hand Hygiene



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.