### Your 4 Moments for Hand Hygiene

#### 1. BEFORE initial patient / patient environment contact

**WHEN?** Clean your hands when entering:
- before touching patient or
- before touching any object or furniture in the patient’s environment

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

#### 2. BEFORE aseptic procedure

**WHEN?** Clean your hands immediately before any aseptic procedure

**WHY?** To protect the patient against harmful germs, including the patient’s own germs, entering his or 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 when leaving:
- after touching patient or
- after touching any object or furniture in the patient’s environment

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

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

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