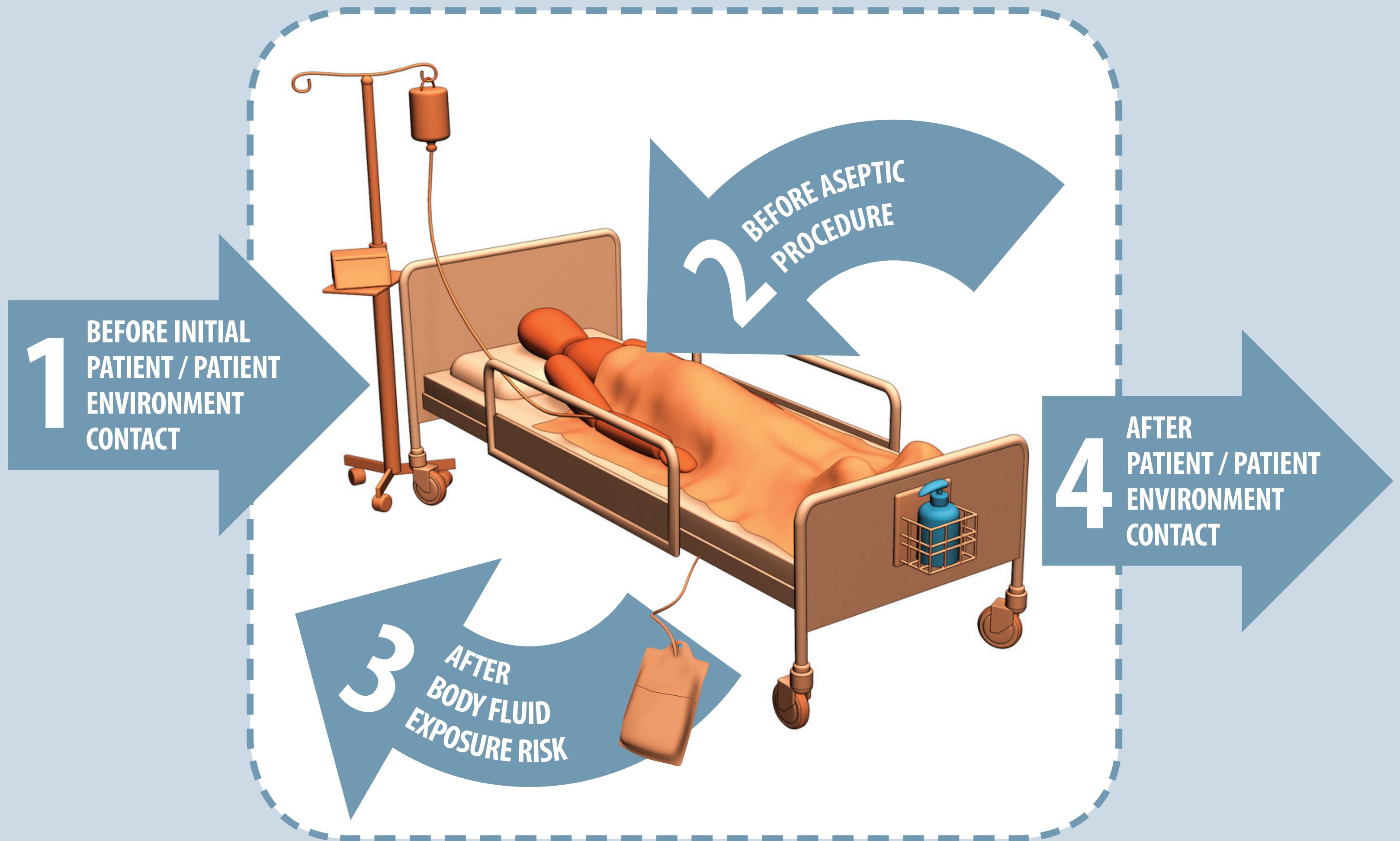


Your 4 Moments for Hand Hygiene



| | |
|---|--|
| 1 BEFORE initial patient / patient environment contact | <p>WHEN? Clean your hands when entering:</p> <ul style="list-style-type: none"> • before touching patient or • before touching any object or furniture in the patient's environment or • before putting on gloves. <p>WHY? To protect the patient/patient environment from harmful germs carried on your hands.</p> |
| 2 BEFORE aseptic procedure | <p>WHEN? Clean your hands immediately before any aseptic procedure.</p> <p>WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or her body.</p> |
| 3 AFTER body fluid exposure risk | <p>WHEN? Clean your hands immediately after an exposure risk to body fluids.</p> <p>WHY? To protect yourself and the health care environment from harmful germs.</p> |
| 4 AFTER patient / patient environment contact | <p>WHEN? Clean your hands when leaving:</p> <ul style="list-style-type: none"> • after touching patient or • after touching any object or furniture in the patient's environment or • after removing gloves. <p>WHY? To protect yourself and the health care environment from harmful germs.</p> |

Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006. Your 4 Moments for Hand Hygiene adapted with permission of the Government of Ontario.



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