

Your 5 Moments for Hand Hygiene



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| 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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