Your 5 Moments for 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 his/her 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.

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**World Health Organization**

**Patient Safety**
A World Alliance for Safer Health Care

**SAVE LIVES**
Clean Your Hands

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