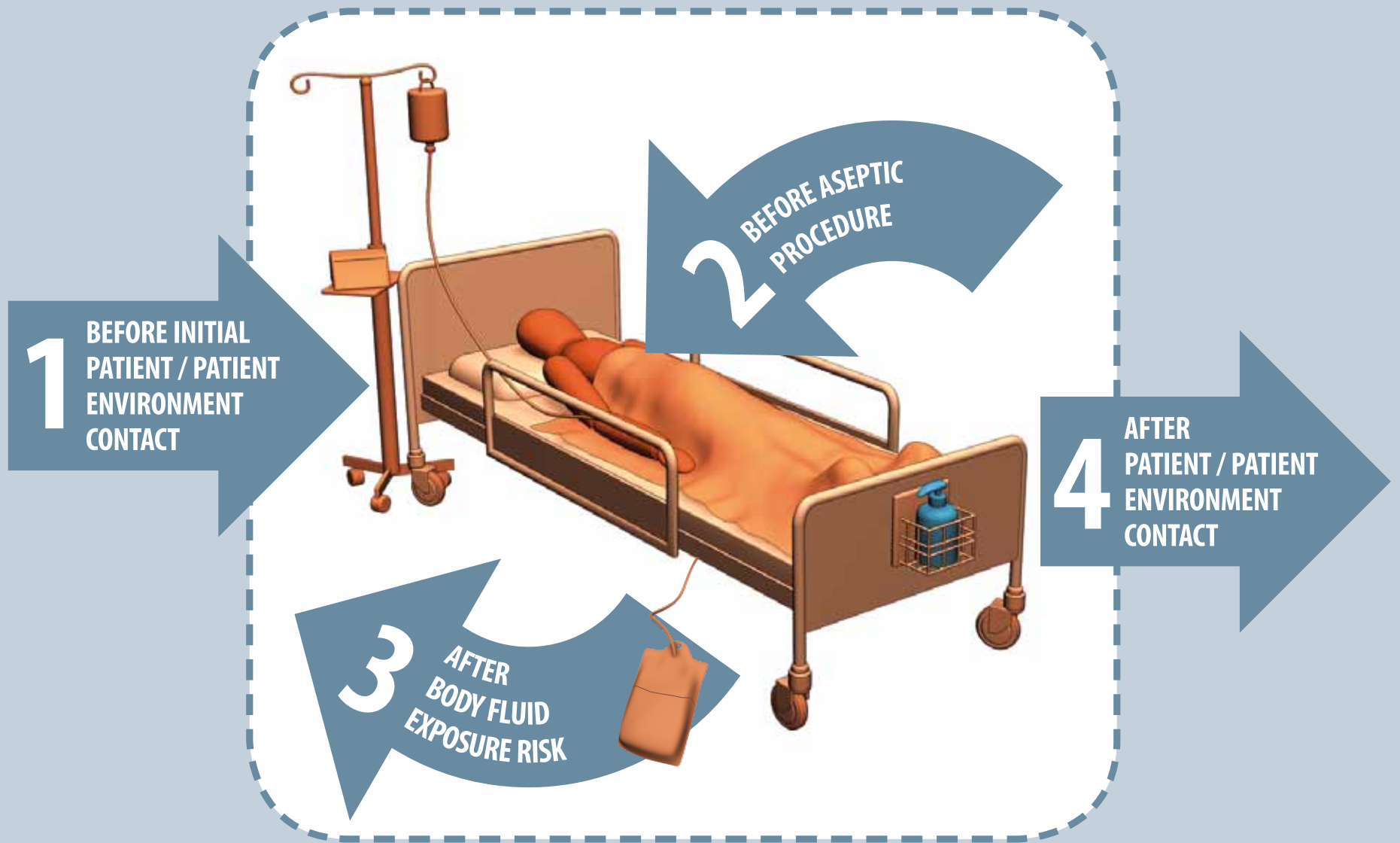


Your 4 Moments for Hand Hygiene



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.