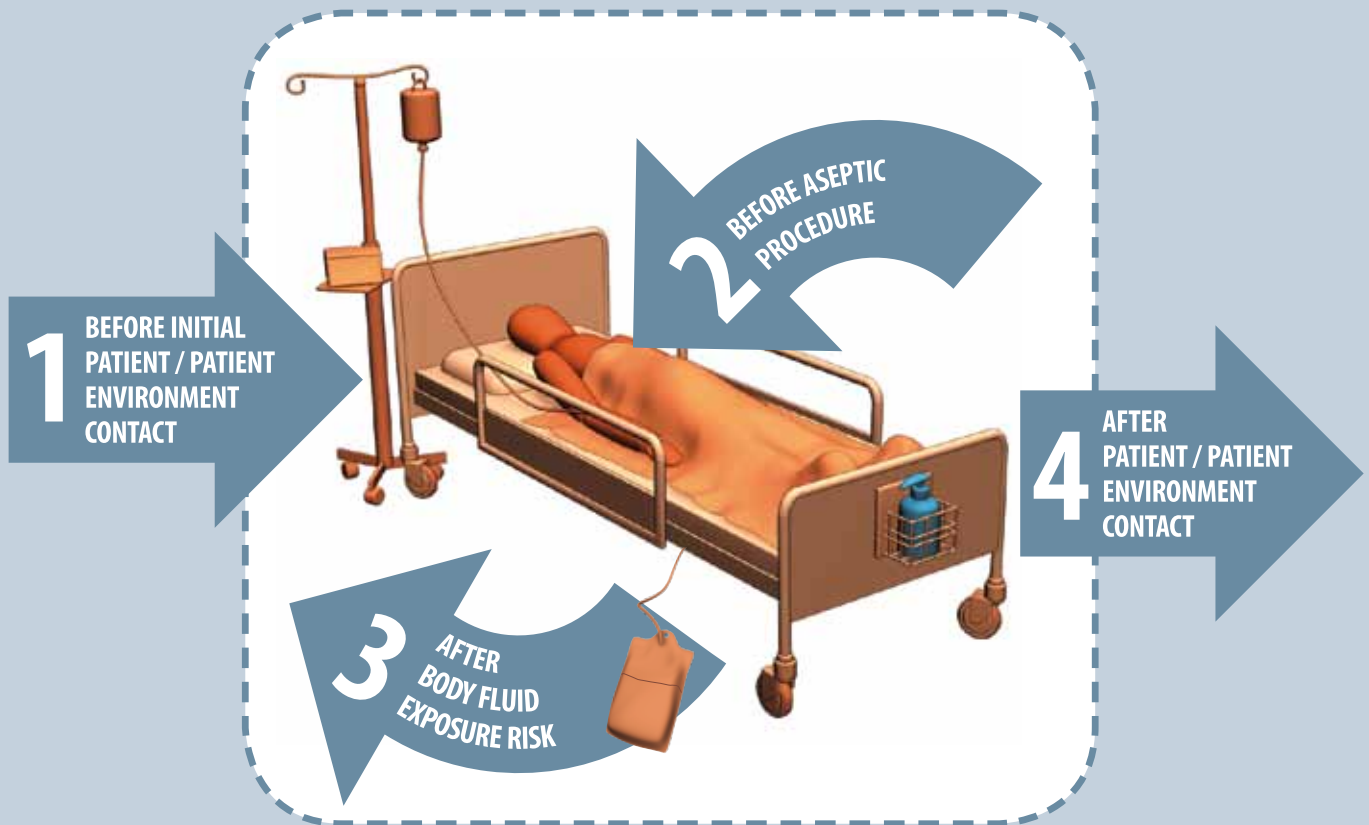


Your 4 Moments for Hand Hygiene



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 or • before putting on gloves. 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. WHY? To protect yourself and the health care environment from harmful 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 or • after removing gloves. WHY? To protect yourself and the health care environment from harmful germs.

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.