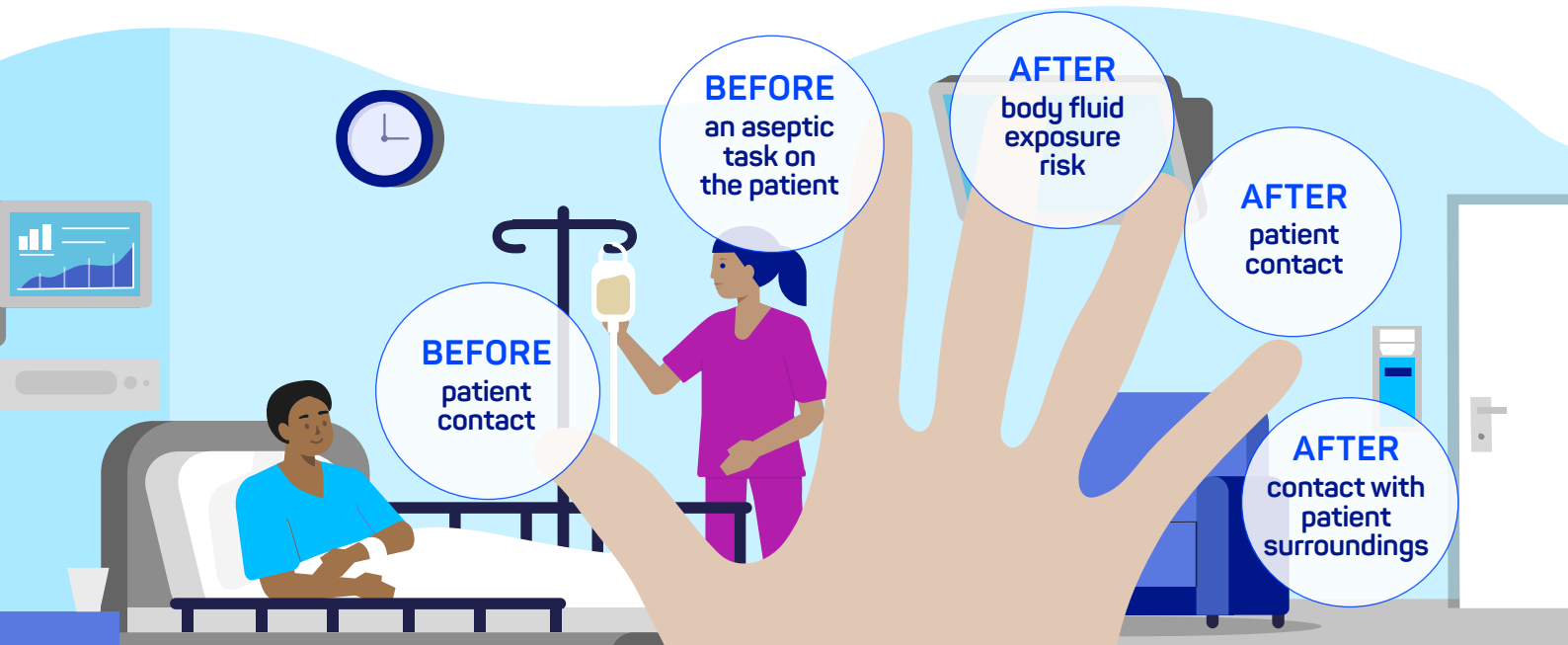


5 Moments for Hand Hygiene



When?

Before patient contact	Disinfect your hands before touching a patient when approaching him or her.
Before an aseptic task	Disinfect your hands immediately before any aseptic task.
After body fluid exposure risk	Disinfect your hands immediately after an exposure risk to body fluids (and after glove removal).
After patient contact	Disinfect your hands after touching a patient and his or her immediate surroundings when leaving.
After contact with patient surroundings	Disinfect your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even without touching the patient

Why?

To protect the patient against harmful germs carried on your hands.
To protect the patient against harmful germs, including the patient's own germs, entering his or her body.
To protect yourself and the health-care environment from harmful patient germs.
To protect yourself and the health-care environment from harmful patient germs.
To protect yourself and the health-care environment from harmful patient germs.

Reference:
WHO (2009) WHO Guidelines on Hand Hygiene in Health Care.



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