

# Your 4 Moments for Hand Hygiene



<b>1</b> BEFORE initial resident / resident environment contact	<b>WHEN?</b> Clean your hands when entering: <ul style="list-style-type: none"> <li>• before touching resident or</li> <li>• before touching any object or furniture in the resident's environment</li> </ul> <b>WHY?</b> To protect the resident/resident environment from harmful germs carried on your hands
<b>2</b> BEFORE aseptic procedures	<b>WHEN?</b> Clean your hands immediately before any aseptic procedure (e.g., oral dental care, eye drops, catheter insertion and changing a dressing) <b>WHY?</b> To protect the resident against harmful germs, including the resident's own germs, entering his or her body
<b>3</b> AFTER body fluid exposure risk	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal) <b>WHY?</b> To protect yourself and the health care environment from harmful resident germs
<b>4</b> AFTER resident / resident environment contact	<b>WHEN?</b> Clean your hands when leaving: <ul style="list-style-type: none"> <li>• after touching resident or</li> <li>• after touching any object or furniture in the resident's environment</li> </ul> <b>WHY?</b> To protect yourself and the health care environment from harmful resident germs

Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006.

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