

# Your 4 Moments for Hand Hygiene in Long Term Care

## #1 Before Resident/Resident Environment Contact

Some examples may be:

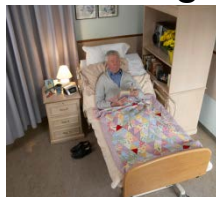
- Helping a resident to move around, get washed, toileting, giving a massage
- Taking pulse, blood pressure, chest auscultation, abdominal palpation
- Giving medication
- Feeding



## #2 Before Clean/Aseptic Procedure

Some examples may be:

- Oral/dental care, giving eye drops, secretion aspiration
- Wound care, subcutaneous injection
- Catheter insertion, opening a vascular access or draining system
- Preparation of medication, dressing set



## #3 After Body Fluid Exposure

Some examples may be:

- Oral/dental care, giving eye drops, secretion aspiration
- Wound care, dressing change, subcutaneous injection
- Cleaning up urine, faeces, vomit, or handling waste (dressings, incontinence pads)



## #4 After Resident/Resident Environment Contact

Some examples may be:

- Helping a resident to move around, get washed, toileting, giving a massage
- Taking pulse, blood pressure, chest auscultation, abdominal palpation
- Giving medication
- Feeding
- Changing bed linen

