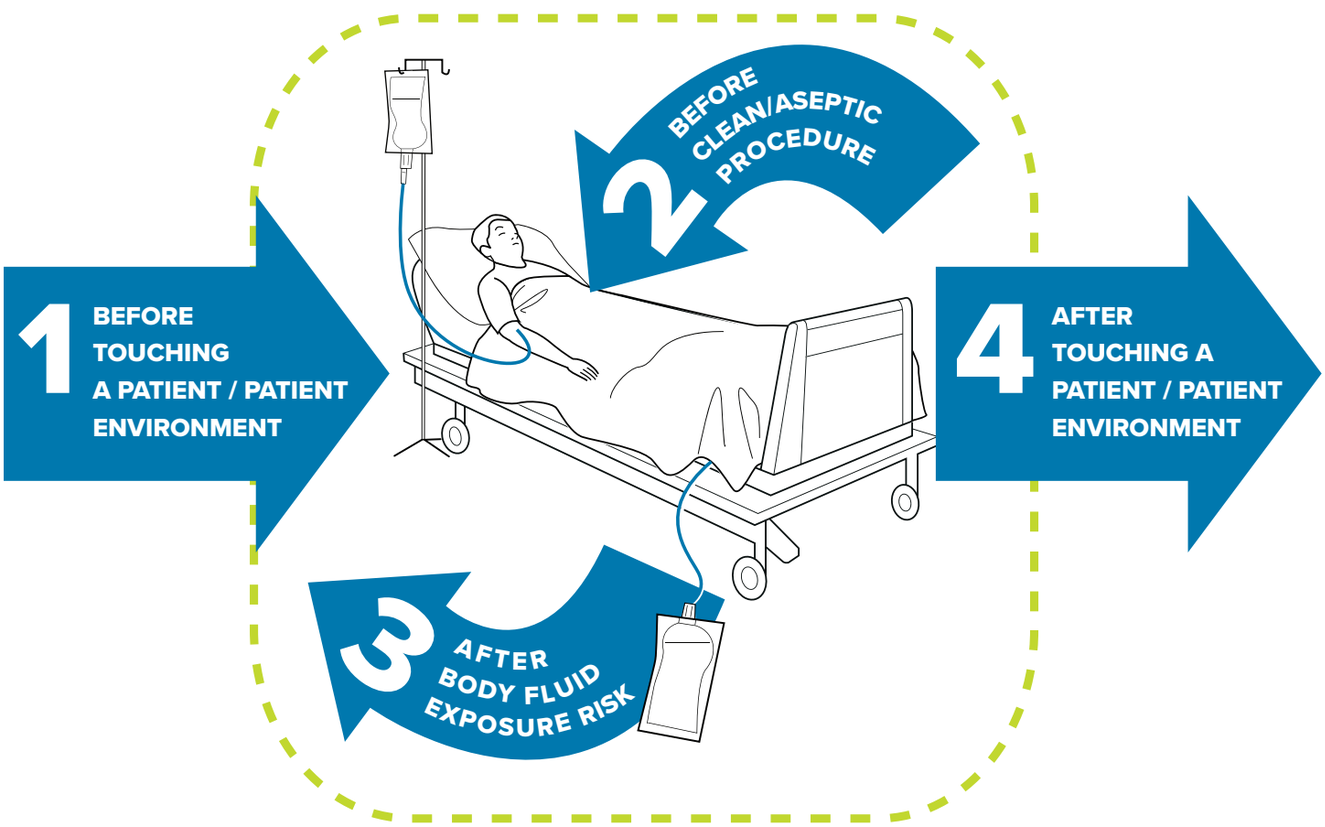
# YOUR 4 MOMENTS FOR HAND HYGIENE




| | | |
|---|---|---|
| **1** | **BEFORE touching a patient / patient environment** | **WHEN?** Clean your hands when entering:<br>• before touching a patient or<br>• before touching any object or furniture in the patient's environment or<br>• before putting on gloves.<br>**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.<br>**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.<br>**WHY?** To protect yourself and the health care environment from harmful germs. |
| **4** | **AFTERtouching a patient / patient environment** | **WHEN?** Clean your hands when leaving:<br>• after touching patient or<br>• after touching any object or furniture in the patient's environment or<br>• after removing gloves.<br>**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.

Vancouver CoastalHealth