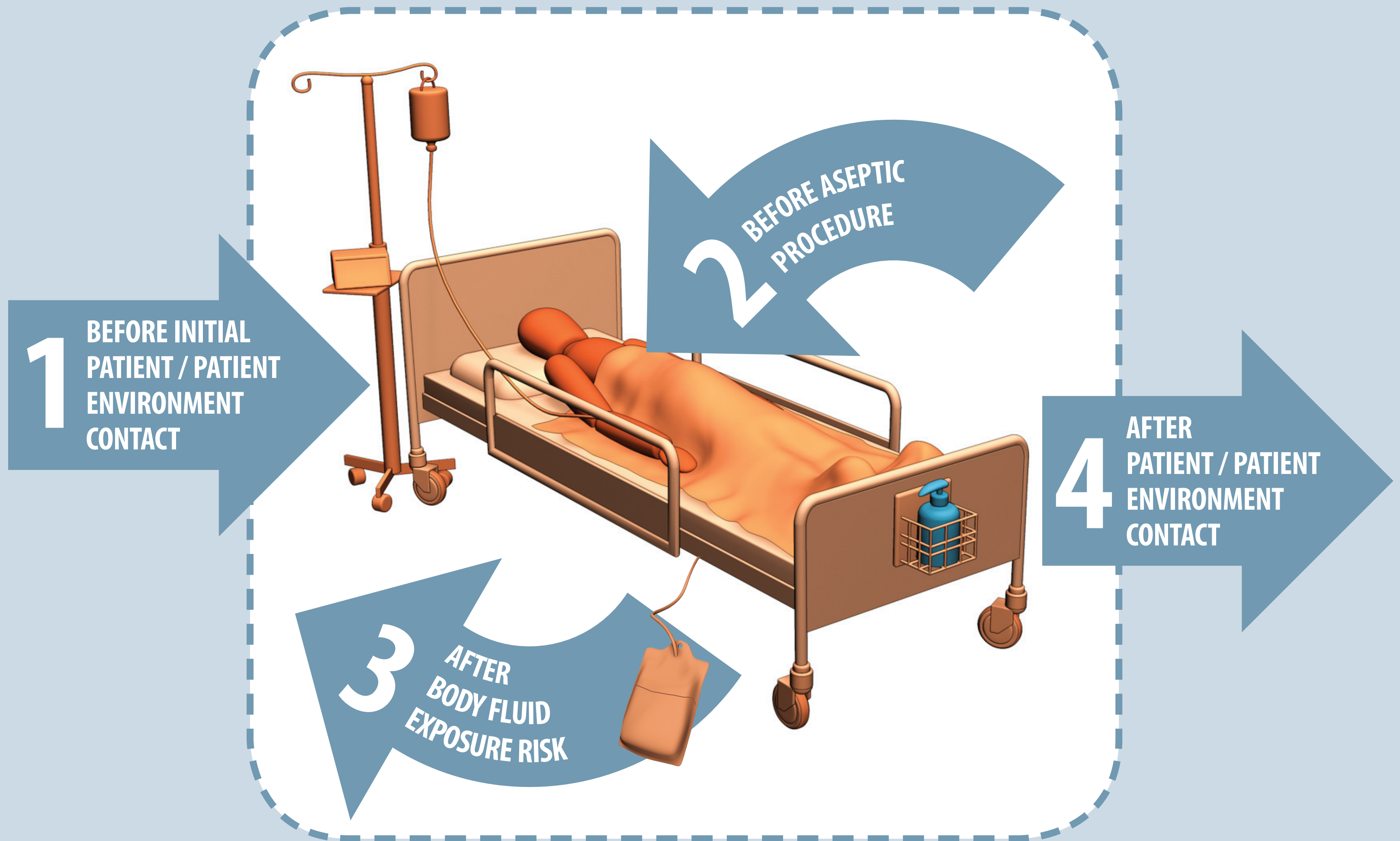


# Your 4 Moments for Hand Hygiene



<b>1</b> BEFORE initial patient / patient environment contact	<p><b>WHEN?</b> Clean your hands when entering:</p> <ul style="list-style-type: none"> <li>• before touching patient or</li> <li>• before touching any object or furniture in the patient's environment or</li> <li>• before putting on gloves.</li> </ul> <p><b>WHY?</b> To protect the patient/patient environment from harmful germs carried on your hands.</p>
<b>2</b> BEFORE aseptic procedure	<p><b>WHEN?</b> Clean your hands immediately before any aseptic procedure.</p> <p><b>WHY?</b> To protect the patient against harmful germs, including the patient's own germs, entering his or her body.</p>
<b>3</b> AFTER body fluid exposure risk	<p><b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids.</p> <p><b>WHY?</b> To protect yourself and the health care environment from harmful germs.</p>
<b>4</b> AFTER patient / patient environment contact	<p><b>WHEN?</b> Clean your hands when leaving:</p> <ul style="list-style-type: none"> <li>• after touching patient or</li> <li>• after touching any object or furniture in the patient's environment or</li> <li>• after removing gloves.</li> </ul> <p><b>WHY?</b> To protect yourself and the health care environment from harmful germs.</p>

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.



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