Your 4 Moments for Hand Hygiene

1. **Before initial patient/patient environment contact**
   - **WHEN?** Clean your hands when entering:
     - before touching patient or
     - before touching any object or furniture in the patient’s environment or
     - before putting on gloves.
   - **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.
   - **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.
   - **WHY?** To protect yourself and the health care environment from harmful germs.

4. **After patient/patient environment contact**
   - **WHEN?** Clean your hands when leaving:
     - after touching patient or
     - after touching any object or furniture in the patient’s environment or
     - after removing gloves.
   - **WHY?** To protect yourself and the health care environment from harmful germs.