Your 5 Moments for Hand Hygiene

1. BEFORE TOUCHING A PATIENT
   WHEN? Clean your hands before touching a patient when approaching him/her.
   WHY? To protect the patient against harmful germs carried on your hands.

2. BEFORE CLEAN/ASEPTIC PROCEDURE
   WHEN? Clean your hands immediately before performing a clean/aseptic procedure.
   WHY? To protect the patient against harmful germs, including the patient’s own, from entering his/her body.

3. AFTER BODY FLUID EXPOSURE RISK
   WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal).
   WHY? To protect yourself and the health-care environment from harmful patient germs.

4. AFTER TOUCHING A PATIENT
   WHEN? Clean your hands after touching a patient and his/her immediate surroundings, when leaving the patient’s side.
   WHY? To protect yourself and the health-care environment from harmful patient germs.

5. AFTER TOUCHING PATIENT SURROUNDINGS
   WHEN? Clean your hands after touching any object or furniture in the patient’s immediate surroundings, when leaving – even if the patient has not been touched.
   WHY? To protect yourself and the health-care environment from harmful patient germs.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the infection Control Programme, for their active participation in developing this material.

May 2009