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 her/his 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.