

YOUR FIVE MOMENTS FOR HAND HYGIENE

1	BEFORE TOUCHING A PATIENT	<p>WHEN? Clean your hands before approaching every patient.</p> <p>WHY? To protect the patient against harmful germs carried on your hands. Yes, your germs may be harmful for all patients.</p>
2	BEFORE CLEAN/ASEPTIC PROCEDURE	<p>WHEN? Clean your hands just before performing aseptic procedures eg. IV cannulation, dressing wounds. Removal of gloves and washing of hands immediately before any invasive procedure. With the subsequent application of new gloves to perform the procedure, and of course the removal of the gloves and follow up hand cleaning after the procedure.</p> <p>WHY? To protect the patient from harmful germs, even their own, from entering their body.</p>
3	AFTER BLOOD / BODY FLUID EXPOSURE RISK	<p>WHEN? Clean your hands immediately after potential exposure to blood or body fluids, and after removal of gloves eg. after IV cannulation or after handling dirty linen.</p> <p>WHY? To protect yourself and the health care environment from harmful patient germs.</p>
4	AFTER TOUCHING A PATIENT	<p>WHEN? Clean your hands when care is complete for any patient eg. care is transferred at hospital, or as you leave a patient's home.</p> <p>WHY? To protect yourself and the health care environment from harmful patient germs. This also protects subsequent patients and your own colleagues, family etc.</p>
5	AFTER LEAVING THE PATIENT ENVIRONMENT	<p>WHEN? Clean your hands after cleaning all equipment used for the patient care episode eg. stretcher, BP cuff.</p> <p>WHY? After you leave a patient, you may still be in contact with their germs via the used equipment. This protects yourself and the health care environment from those harmful germs. It also protects subsequent patients and your own colleagues, family etc.</p>

