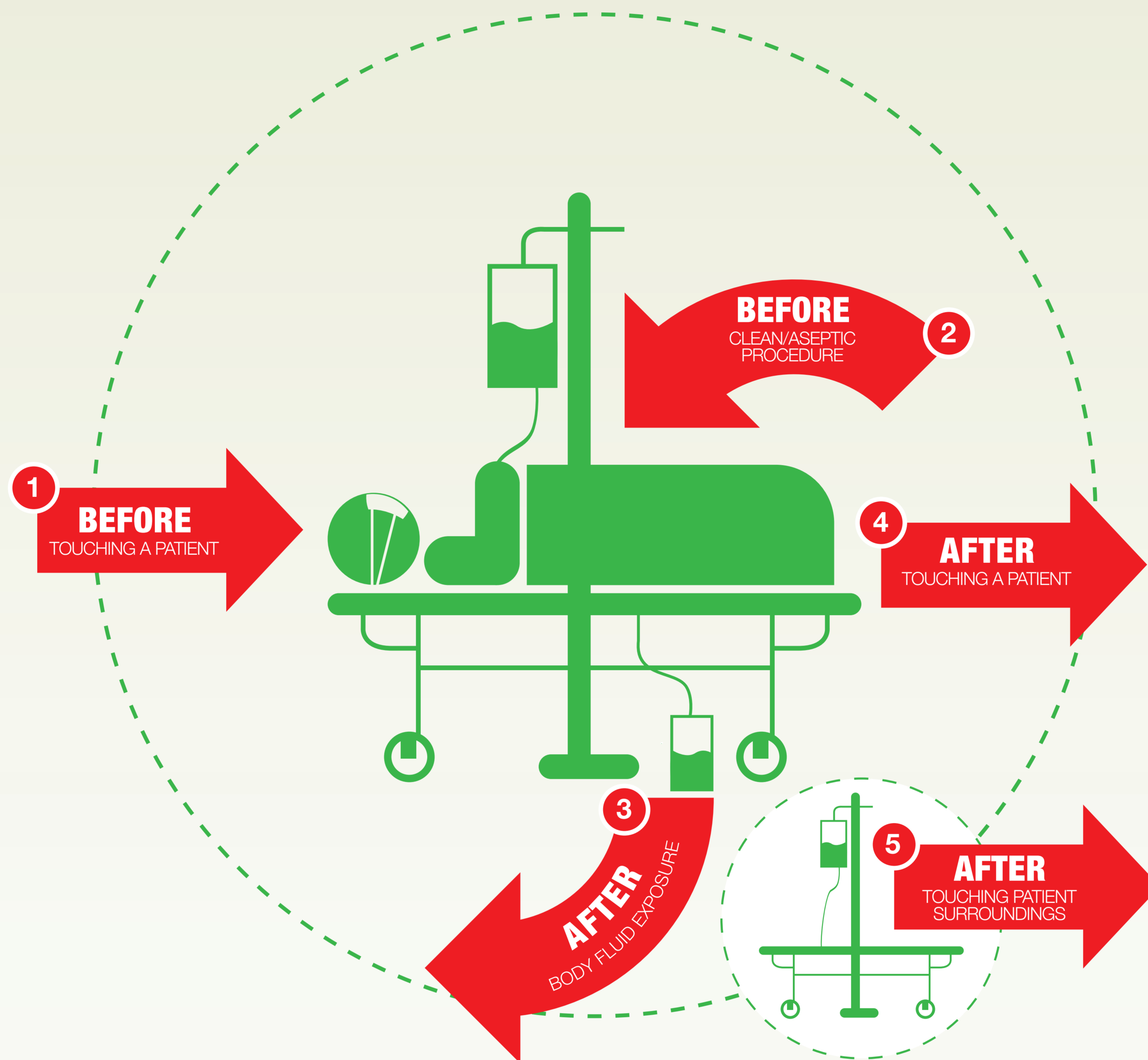


5 moments of hand hygiene

YOUR 5 MOMENTS FOR HAND HYGIENE



HAND HYGIENE includes either washing hands with soap & water or the use of an alcohol-based waterless hand sanitizer (waterless hand rub).

- Wash hands with soap and water when they are visibly soiled.
- The use of gloves does not eliminate the need for hand hygiene. Hand hygiene is necessary before putting on and after taking off gloves and other personal protective equipment (PPE).

1- BEFORE PATIENT CONTACT	WHEN? WHY?	Clean your hands before touching a patient when approaching him or her. To protect the patient against harmful germs carried on your hands.
2- BEFORE AN ASEPTIC TASK	WHEN? WHY?	Clean your hands immediately before any aseptic task. 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? WHY?	Clean your hands immediately after an exposure risk to body fluids (and after glove removal). To protect yourself and the health-care environment from harmful patient germs.
4- AFTER PATIENT CONTACT	WHEN? WHY?	Clean your hands after touching a patient and his or her immediate surroundings when leaving. To protect yourself and the health-care environment from harmful patient germs.
5- AFTER CONTACT WITH PATIENT SURROUNDINGS	WHEN? WHY?	Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving- even without touching the patient. To protect yourself and the health-care environment from harmful patient germs.