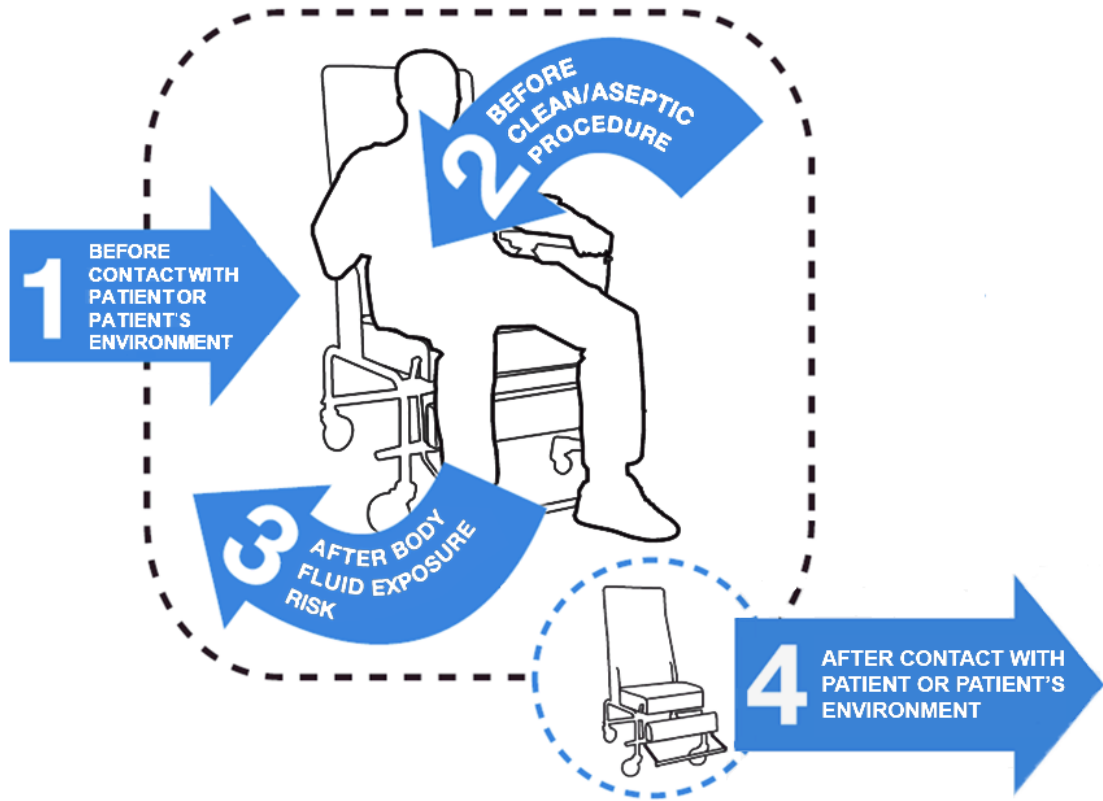


Your 4 Moments for Hand Hygiene



1	BEFORE contact with patient/patient's environment	Why? To protect the patient against harmful germs carried on your hands Example: Before providing patient care
2	BEFORE clean/aseptic procedure	Why? To protect the patient against harmful germs from entering their body Example: Before donning PPE (e.g. gloves) or collecting a specimen
3	AFTER body fluid exposure risk	Why? To protect yourself and the health care environment from harmful germs Example: After doffing PPE (e.g. gloves) or handling a specimen
4	AFTER contact with patient/patient's environment	Why? To protect yourself and the health care environment from harmful germs Example: After contacting patient care equipment