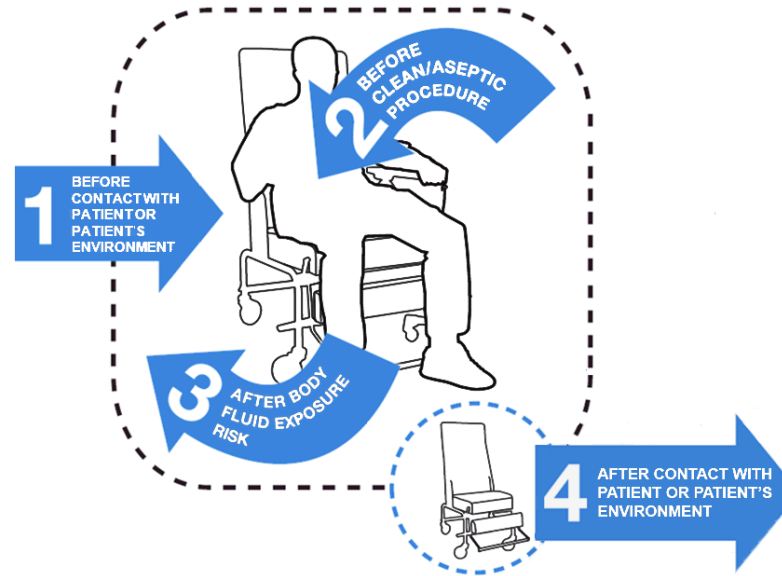


Your 4 Moments for Hand Hygiene



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