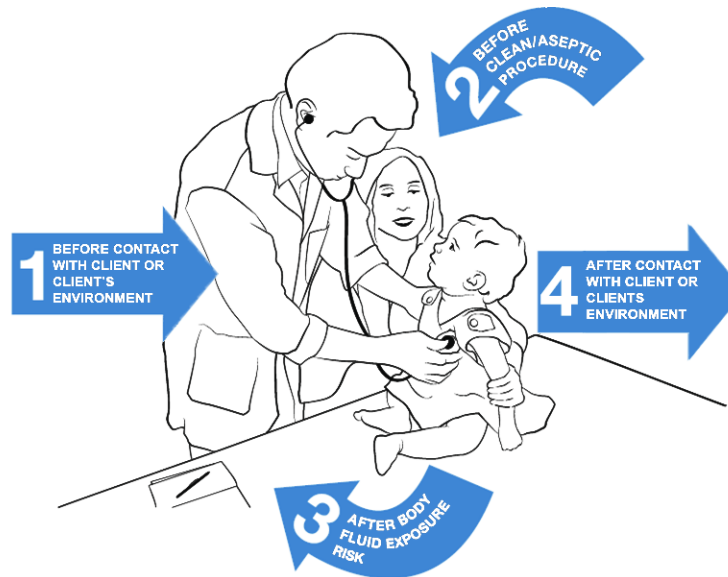


Your 4 Moments for Hand Hygiene



1	BEFORE contact with client or client's environment	Why? <i>To protect the client against harmful germs carried on your hands</i>	Example <i>Before helping to position a client</i>
2	BEFORE clean/aseptic procedure	Why? <i>To protect the client against harmful germs from entering their body</i>	Example <i>Before using an otoscope or tongue depressor on a client</i>
3	AFTER body fluid exposure risk	Why? <i>To protect yourself and the health care environment from harmful germs</i>	Example <i>After contact with saliva or body fluids</i>
4	AFTER contact with client or client's environment	Why? <i>To protect yourself and the health care environment from harmful germs</i>	Example <i>After using a stethoscope on a client</i>