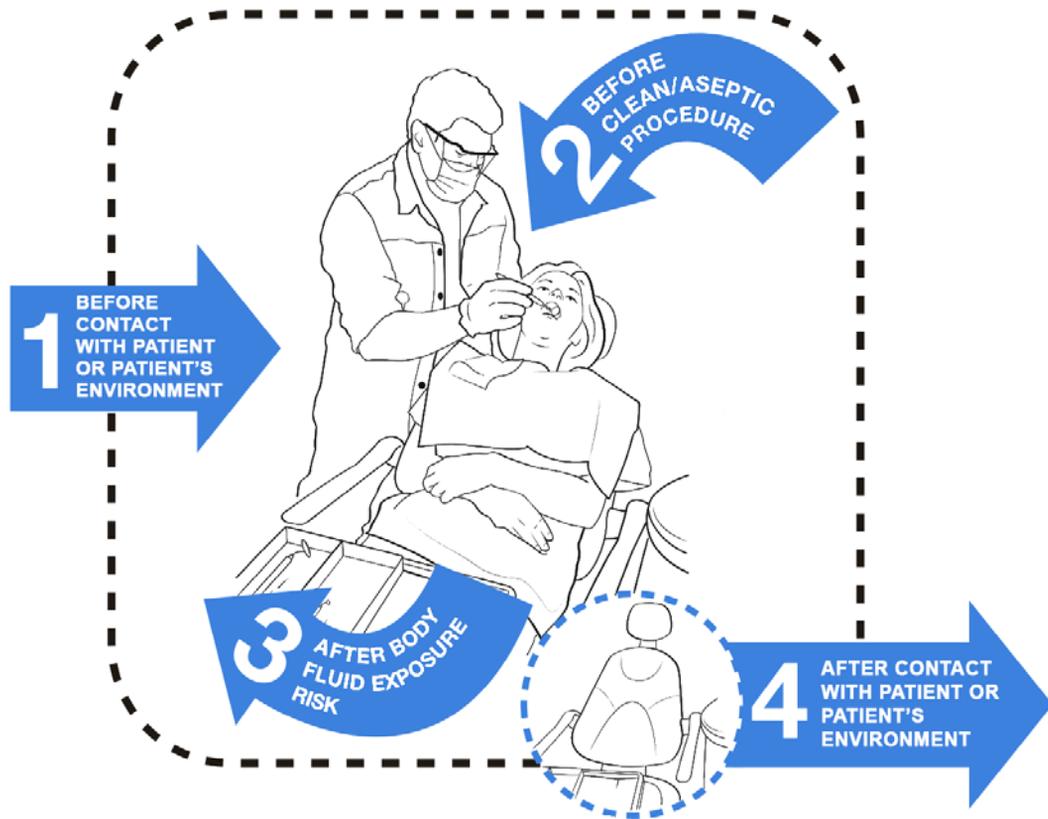


# Your 4 Moments for Hand Hygiene



1	<b>BEFORE</b> contact with patient/patient's environment	<b>Why?</b> To protect the patient against harmful germs carried on your hands <b>Example:</b> Before contacting a patient
2	<b>BEFORE</b> clean/aseptic procedure	<b>Why?</b> To protect the patient against harmful germs from entering their body <b>Example:</b> Before providing dental or oral care
3	<b>AFTER</b> body fluid exposure risk	<b>Why?</b> To protect yourself and the health care environment from harmful germs <b>Example:</b> After providing dental or oral care
4	<b>AFTER</b> contact with patient/patient's environment	<b>Why?</b> To protect yourself and the health care environment from harmful germs <b>Example:</b> After contacting a patient