Your 5 Moments for Hand Hygiene

1. **Before Touching a Patient**
   - **When?** Clean your hands before touching a patient when approaching his/her.
   - **Why?** To protect the patient against harmful germs carried on your hands.

2. **Before Clean/Aseptic Procedure**
   - **When?** Clean your hands immediately before performing a clean/aseptic procedure.
   - **Why?** To protect the patient against harmful germs, including the patient’s own, from entering his/her body.

3. **After Body Fluid Exposure Risk**
   - **When?** Clean your hands immediately after an exposure risk to body fluids (and after glove removed).
   - **Why?** To protect yourself and the health-care environment from harmful patient germs.

4. **After Touching a Patient**
   - **When?** Clean your hands after touching a patient and his/her immediate surroundings, when leaving the patient’s side.
   - **Why?** To protect yourself and the health-care environment from harmful patient germs.

5. **After Touching Patient Surroundings**
   - **When?** Clean your hands after touching any object(s) or surface(s) in the patient’s immediate surroundings, when leaving – even if the patient has not been touched.
   - **Why?** To protect yourself and the health-care environment from harmful patient germs.