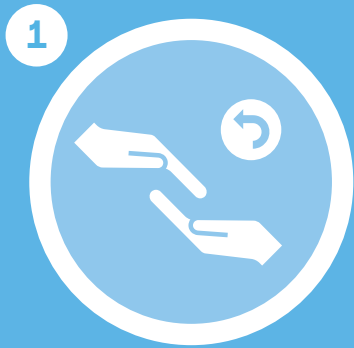


Your 5 Moments for Hand Hygiene

Hand hygiene is required at each of these 5 moments:



**Before touching
a patient**

To prevent germs from
being transferred to the
patient from your hands.



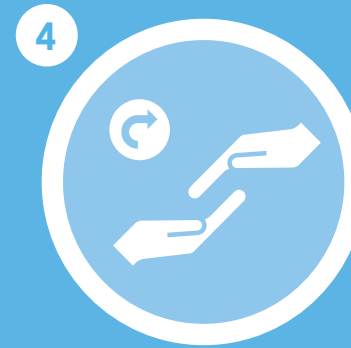
**Before clean /
aseptic procedure**

To reduce the risk
of germs entering
the body during
the procedure.



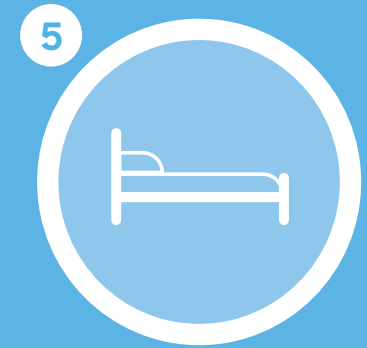
**After body fluid
exposure risk**

To protect yourself
and the healthcare
environment from
harmful patient germs.



**After touching
a patient**

To prevent transfer
to yourself,
the environment
and other patients.



**After touching
patient surroundings**

To remove germs picked up
by touching the patient's
local environment.

Based on principles from Sax, H., et al. (2007). "My five moments for hand hygiene: a user-centred design approach to understand, train, monitor and report hand hygiene." *Journal of Hospital Infection* 67(1): 9-21.

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