



# 5 Moments for Hand Hygiene

When?	Why?
<p><b>Before patient contact</b></p> <p>Disinfect your hands before touching a patient when approaching him or her</p>	<p>To protect the patient against harmful germs carried on your hands</p>
<p><b>Before an aseptic task</b></p> <p>Disinfect your hands immediately before any aseptic task</p>	<p>To protect the patient against harmful germs, including the patient's own germs, entering his or her body</p>
<p><b>After body fluid exposure risk</b></p> <p>Disinfect your hands immediately after an exposure risk to body fluids (and after glove removal)</p>	<p>To protect yourself and the health-care environment from harmful patient germs</p>
<p><b>After patient contact</b></p> <p>Disinfect your hands after touching a patient and his or her immediate surroundings when leaving</p>	<p>To protect yourself and the health-care environment from harmful patient germs</p>
<p><b>After contact with patient surroundings</b></p> <p>Disinfect your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even without touching the patient</p>	<p>To protect yourself and the health-care environment from harmful patient germs</p>

\* following the World Health Organization WHO Guidelines on Hand Hygiene in Health Care; World Alliance for Patient Safety: Clean Care is Safer Care <http://www.who.int/gpsc/en/>