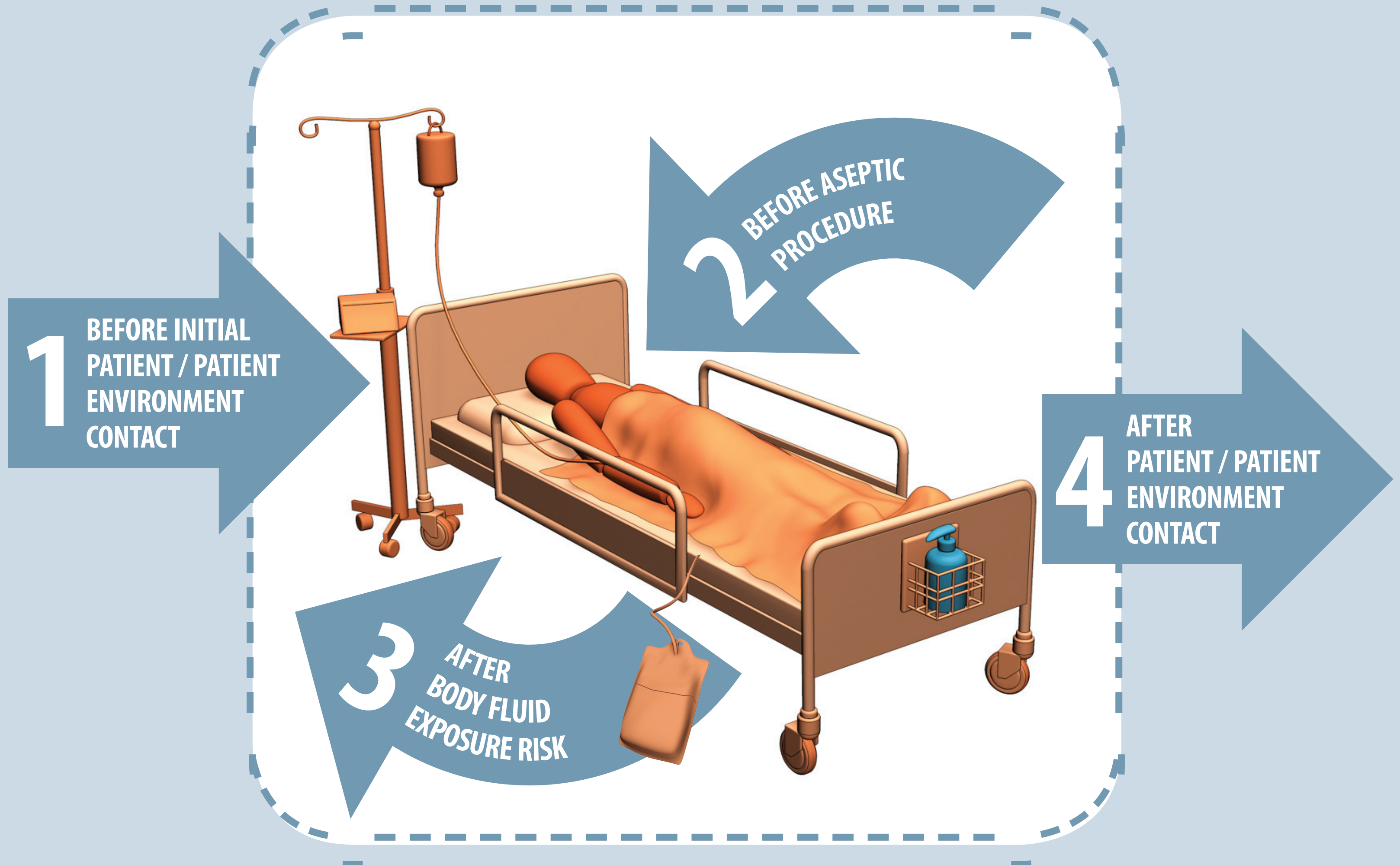


# Your 4 Moments of Hand Hygiene for HCP



<b>1</b> BEFORE initial patient / patient environment contact	<b>WHEN?</b> Clean your hands when entering: <ul style="list-style-type: none"> <li>• before touching patient or</li> <li>• before touching any object or furniture in the patient's environment or</li> <li>• before putting on gloves.</li> </ul> <b>WHY?</b> To protect the patient/patient environment from harmful germs carried on your hands.
<b>2</b> BEFORE aseptic procedure	<b>WHEN?</b> Clean your hands immediately before any aseptic procedure. <b>WHY?</b> To protect the patient against harmful germs, including the patient's own germs, entering his or her body.
<b>3</b> AFTER body fluid exposure risk	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids. <b>WHY?</b> To protect yourself and the health care environment from harmful germs.
<b>4</b> AFTER patient / patient environment contact	<b>WHEN?</b> Clean your hands when leaving: <ul style="list-style-type: none"> <li>• after touching patient or</li> <li>• after touching any object or furniture in the patient's environment or</li> <li>• after removing gloves.</li> </ul> <b>WHY?</b> To protect yourself and the health care environment from harmful germs.

Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006. Your 4 Moments for Hand Hygiene adapted with permission of the Government of Ontario.