

# YOUR 4 MOMENTS FOR HAND HYGIENE

**1** BEFORE initial patient / patient environment contact

**2** BEFORE aseptic procedure

**3** AFTER body fluid exposure risk

**4** AFTER patient / patient environment contact



<p><b>1</b> BEFORE initial patient / patient environment contact</p>	<p><b>WHY?</b> Clean your hands before touching a patient, object or furniture in the patient's environment to protect the patient and patient environment from harmful bacteria and viruses carried on your hands</p>
<p><b>2</b> BEFORE aseptic procedure</p>	<p><b>WHY?</b> Clean your hands immediately before an aseptic procedure and before donning gloves to reduce the risk of harmful bacteria and viruses from entering the patient's body</p>
<p><b>3</b> AFTER body fluid exposure risk</p>	<p><b>WHY?</b> Clean your hands immediately after an exposure risk to body fluids and after glove removal to protect yourself and the health care environment from harmful patient bacteria and viruses</p>
<p><b>4</b> AFTER patient / patient environment contact</p>	<p><b>WHY?</b> Clean your hands after touching a patient, object or furniture in the patient's environment to protect yourself and the health care environment from harmful patient bacteria and viruses</p>