

Your 4 Moments for Hand Hygiene



1 BEFORE initial resident / resident environment contact	WHEN? Clean your hands when entering: <ul style="list-style-type: none"> • before touching resident or • before touching any object or furniture in the resident's environment WHY? To protect the resident/resident environment from harmful germs carried on your hands
2 BEFORE aseptic procedures	WHEN? Clean your hands immediately before any aseptic procedure (e.g., oral dental care, eye drops, catheter insertion and changing a dressing) WHY? To protect the resident against harmful germs, including the resident's own germs, entering his or her body
3 AFTER body fluid exposure risk	WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal) WHY? To protect yourself and the health care environment from harmful resident germs
4 AFTER resident / resident environment contact	WHEN? Clean your hands when leaving: <ul style="list-style-type: none"> • after touching resident or • after touching any object or furniture in the resident's environment WHY? To protect yourself and the health care environment from harmful resident germs

Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006.

For more information, please contact handhygiene@oahpp.ca or visit publichealthontario.ca/JCYH