

4 Moments of **HAND HYGIENE**

1

BEFORE

Touching the patient / resident / client or their environment.

2

BEFORE

Aseptic procedures.

3

AFTER

Body fluid exposure risk.

4

AFTER

Touching the patient / resident / client or their environment.



4 Moments of **HAND HYGIENE**

Clean you hands...

- **BEFORE** first touching the patient / resident / client or any object or furniture in their environment.
- Immediately **BEFORE** any aseptic procedures.
- **AFTER** body fluid exposure (and after glove removal).
- **AFTER** touching patient / resident / client or any object or furniture in their environment.

Clean hands protect yourself, others and the environment from harmful germs.

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