### Your 4 Moments for Hand Hygiene

1. **Before initial patient/patient environment contact**
   - **WHEN?** Clean your hands when entering:
     - before touching patient or
     - before touching any object or furniture in the patient’s environment
   - **WHY?** To protect the patient/patient environment from harmful germs carried on your hands

2. **Before aseptic procedure**
   - **WHEN?** Clean your hands immediately before any aseptic procedure
   - **WHY?** To protect the patient against harmful germs, including the patient’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 patient germs

4. **After patient/patient environment contact**
   - **WHEN?** Clean your hands when leaving:
     - after touching patient or
     - after touching any object or furniture in the patient’s environment
   - **WHY?** To protect yourself and the health care environment from harmful patient germs

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