

# Your 4 Moments for Hand Hygiene



<b>1</b> BEFORE initial patient/patient environment contact	<b>WHEN?</b> Clean your hands when entering the patient's environment: <ul style="list-style-type: none"> <li>• before touching patient or</li> <li>• before touching any object or furniture</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; for instance: changing a dressing, oral care, drawing blood, administering IV medication <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 (and after glove removal) <b>WHY?</b> To protect yourself and the health care environment from harmful patient germs
<b>4</b> AFTER patient / patient environment contact	<b>WHEN?</b> Clean your hands when leaving the patient's environment: <ul style="list-style-type: none"> <li>• after touching patient or</li> <li>• after touching any object or furniture</li> </ul> <b>WHY?</b> To protect yourself and the next patient from harmful patient germs

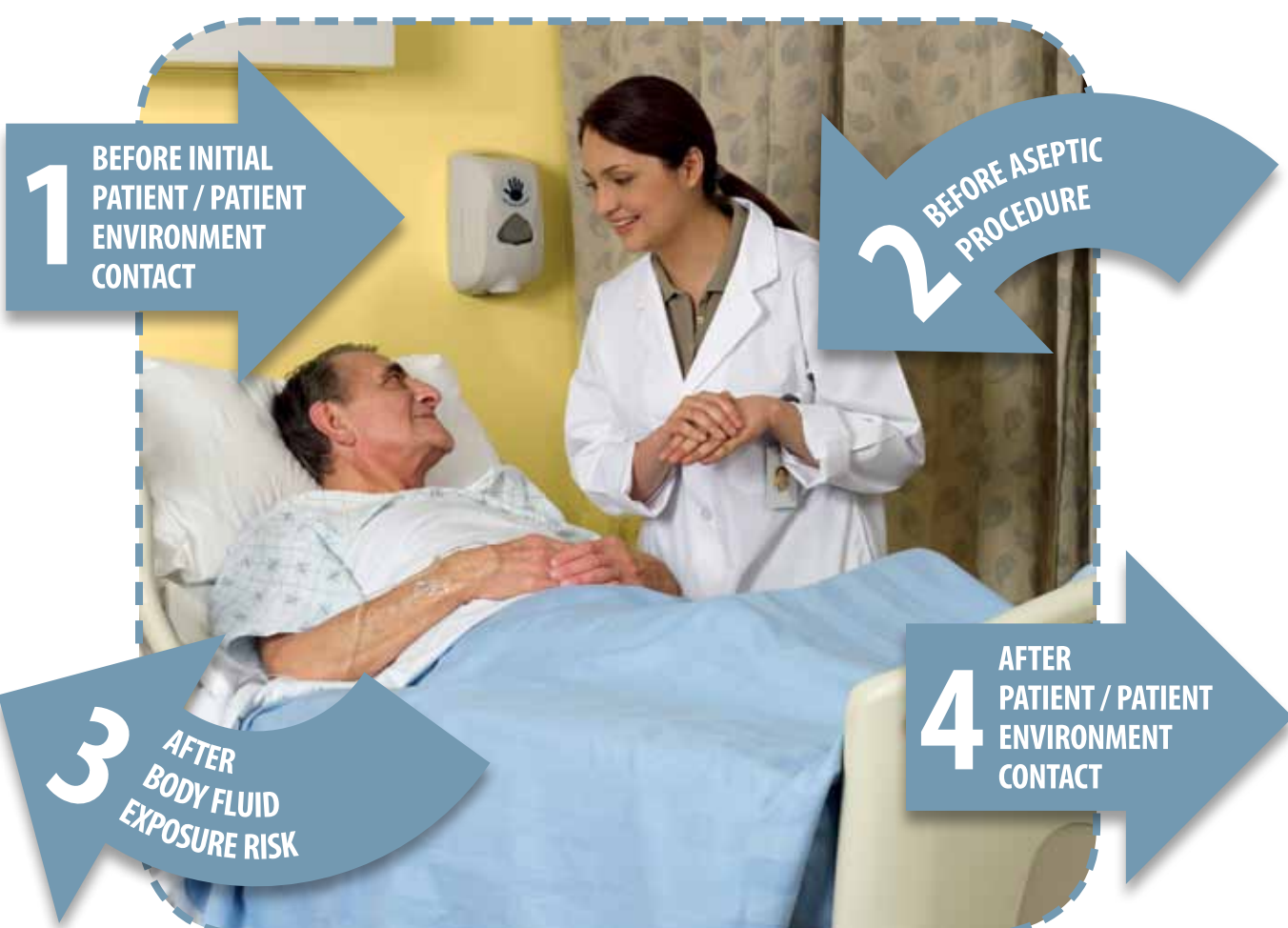
Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006.

[publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)

# Your 4 Moments for Hand Hygiene

1

BEFORE INITIAL  
PATIENT / PATIENT  
ENVIRONMENT  
CONTACT



## CLEAN YOUR HANDS

when entering the patient's environment:

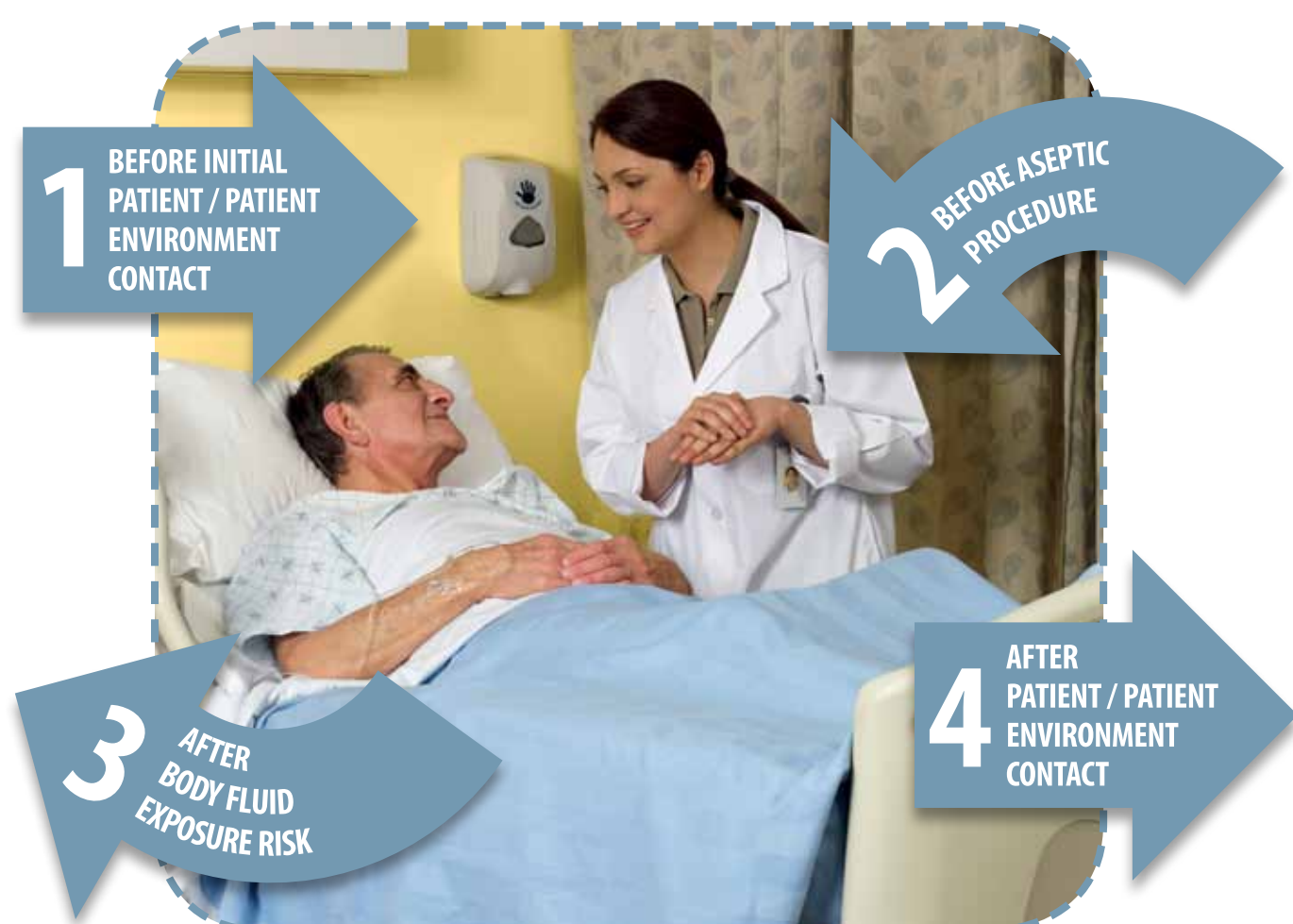
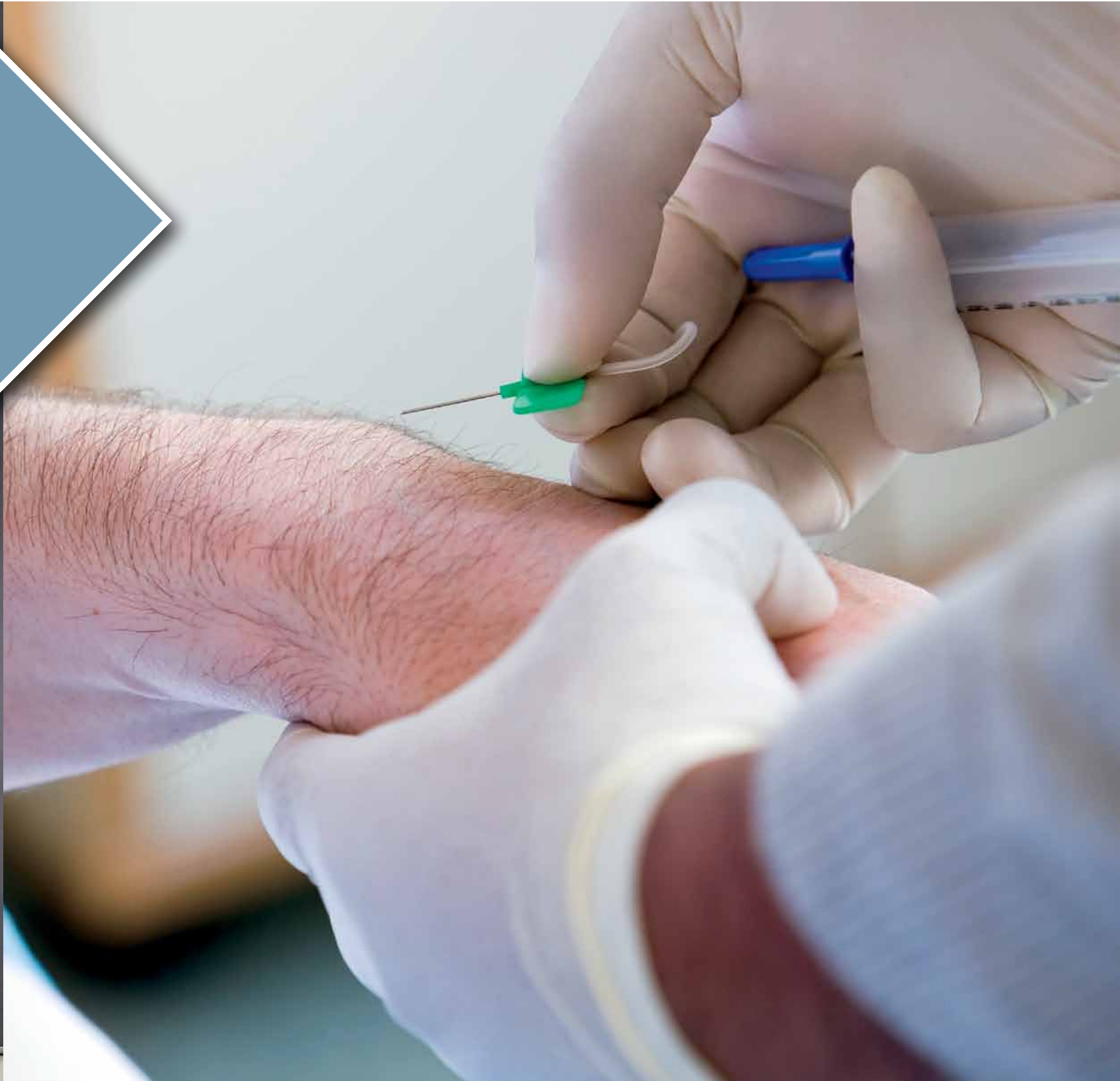
- before touching patient or
- before touching any object or furniture

**WHY:** To protect the patient/patient environment from harmful germs carried on your hands

[publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)

# Your 4 Moments for Hand Hygiene

## 2 BEFORE ASEPTIC PROCEDURE



**CLEAN YOUR HANDS** immediately before any aseptic procedure; for instance: changing a dressing, oral care, drawing blood, administering IV medication

**WHY:** To protect the patient against harmful germs, including the patient's own germs, entering his or her body

[publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)

# Your 4 Moments for Hand Hygiene

**3** AFTER BODY FLUID EXPOSURE RISK



**CLEAN YOUR HANDS** immediately after an exposure risk to body fluids (and after glove removal)

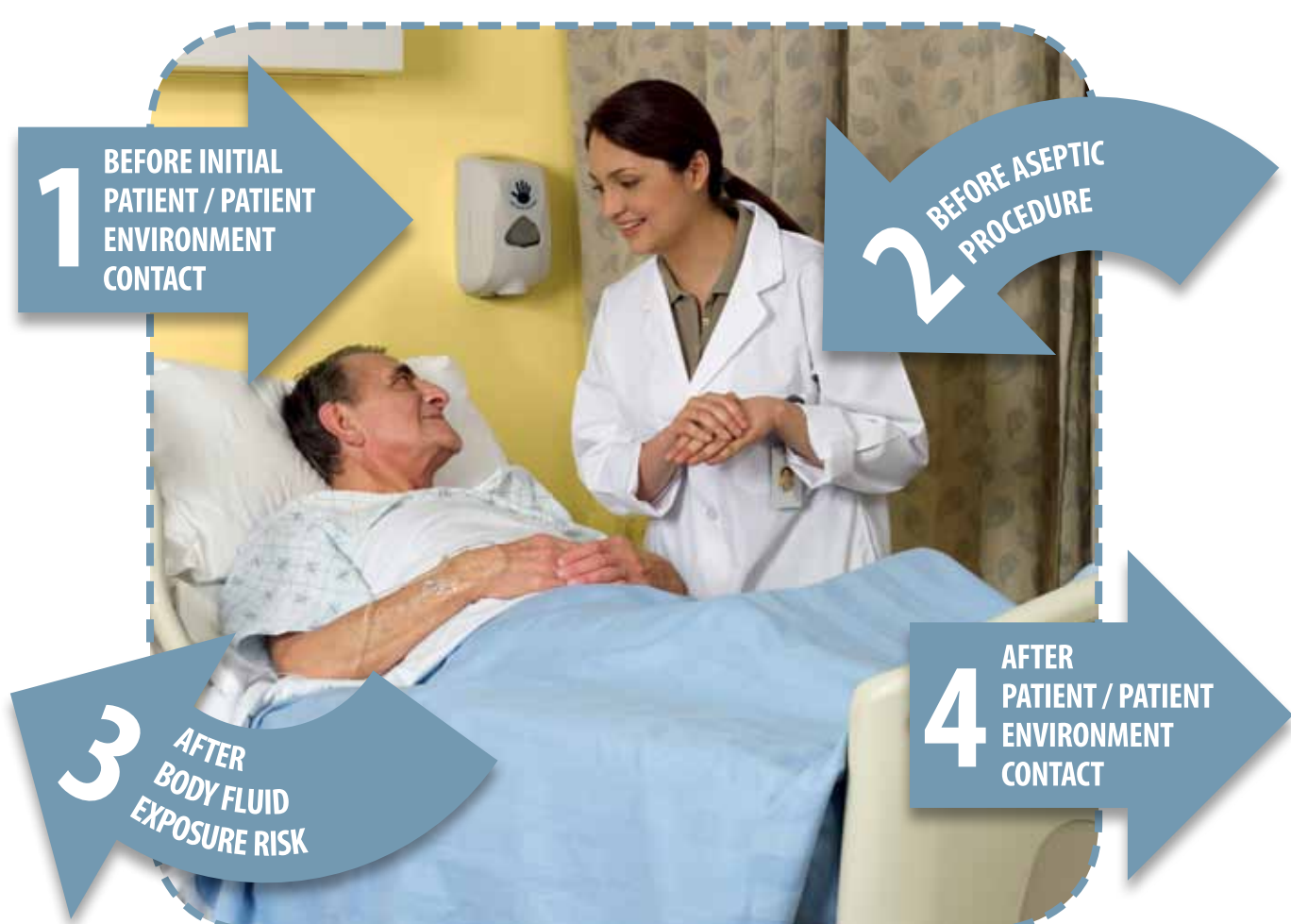
**WHY:** To protect yourself and the health care environment from harmful patient germs

[publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)

# Your 4 Moments for Hand Hygiene

# 4

**AFTER PATIENT /  
PATIENT  
ENVIRONMENT  
CONTACT**



## **CLEAN YOUR HANDS**

when leaving the patient's environment:

- after touching patient or
- after touching any object or furniture

**WHY:** To protect yourself and the next patient from harmful patient germs

[publichealthontario.ca/JCYH](http://publichealthontario.ca/JCYH)