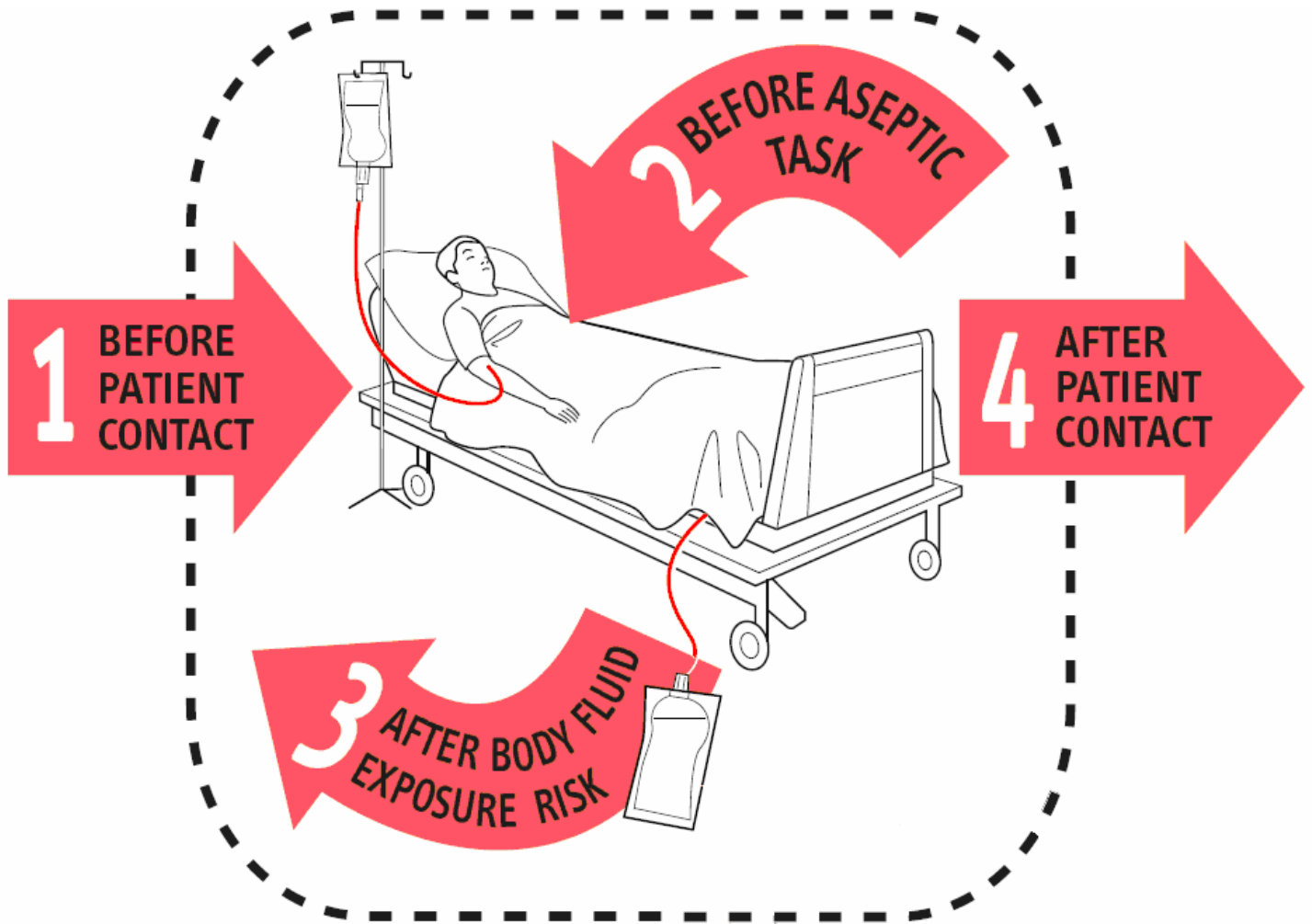


Your 4 moments for HAND HYGIENE



1 BEFORE PATIENT CONTACT	<p>When? - When approaching - clean your hands before touching a patient and/or any equipment, furniture or surface in their bed space</p> <p>Why? - To protect the patient against harmful germs carried on your hands</p>
2 BEFORE AN ASEPTIC TASK	<p>When? - Clean your hands immediately before any aseptic task (and before donning gloves)</p> <p>Why? - To protect the patient against harmful germs, including the patients own germs, entering his or her body</p>
3 AFTER BODY FLUID EXPOSURE RISK	<p>When? - Clean your hands immediately after an exposure risk to body fluids (and after glove removal)</p> <p>Why? - To protect yourself and the health-care environment from harmful patient germs</p>
4 AFTER PATIENT CONTACT	<p>When? - When leaving – clean your hands after touching a patient and/or any equipment, furniture or surface in their bed space</p> <p>Why? - To protect yourself and the health-care environment from harmful patient germs</p>

Adapted from WHO "Your 5 Moments for Hand Hygiene" 2006

A COMPONENT OF ROUTINE PRACTICES

THE ROUTINE PRACTICES PROJECT

A Quality Improvement Initiative of Capital Health Infection Control Department

In Collaboration with "STOP clean your hands" Canada's National Hand Hygiene Campaign

