

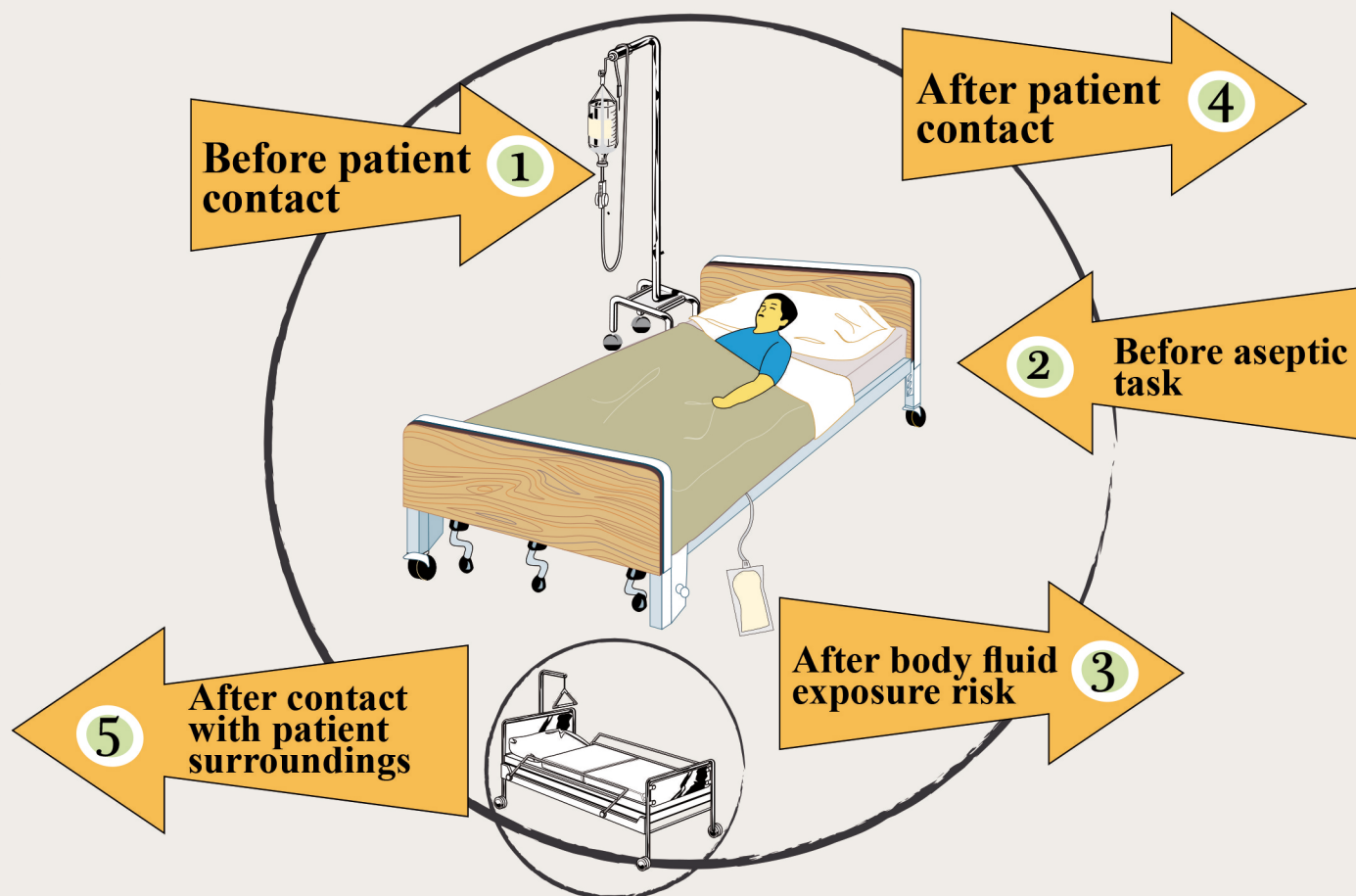
Make it a Habit

Clean hands are safer hands.

Are your's clean?



The 5 moments for hand hygiene



1 Before Patient Contact	WHEN? WHY?	Clean your hands before touching a patient when approaching him or her. To protect the patient against harmful germs carried on your hands
2 Before an Aseptic Task	WHEN? WHY?	Clean your hands immediately before any aseptic task. To protect the patient against harmful germs, including the patient's own germs entering his/her body
3 After Body Fluid Exposure Risk	WHEN? WHY?	Clean your hands immediately after an exposure risk to body fluids (and after glove removal) To protect yourself and the health – care environment from harmful patient germs
4 After Patient Contact	WHEN? WHY?	Clean your hands after touching a patient and his/her immediate surroundings, when leaving the patient's side To protect yourself and the health – care environment from harmful patient germs
5 After Contact With Patient Surroundings	WHEN? WHY?	Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even without touching the patient To protect yourself and the health- care environment from harmful patient germs