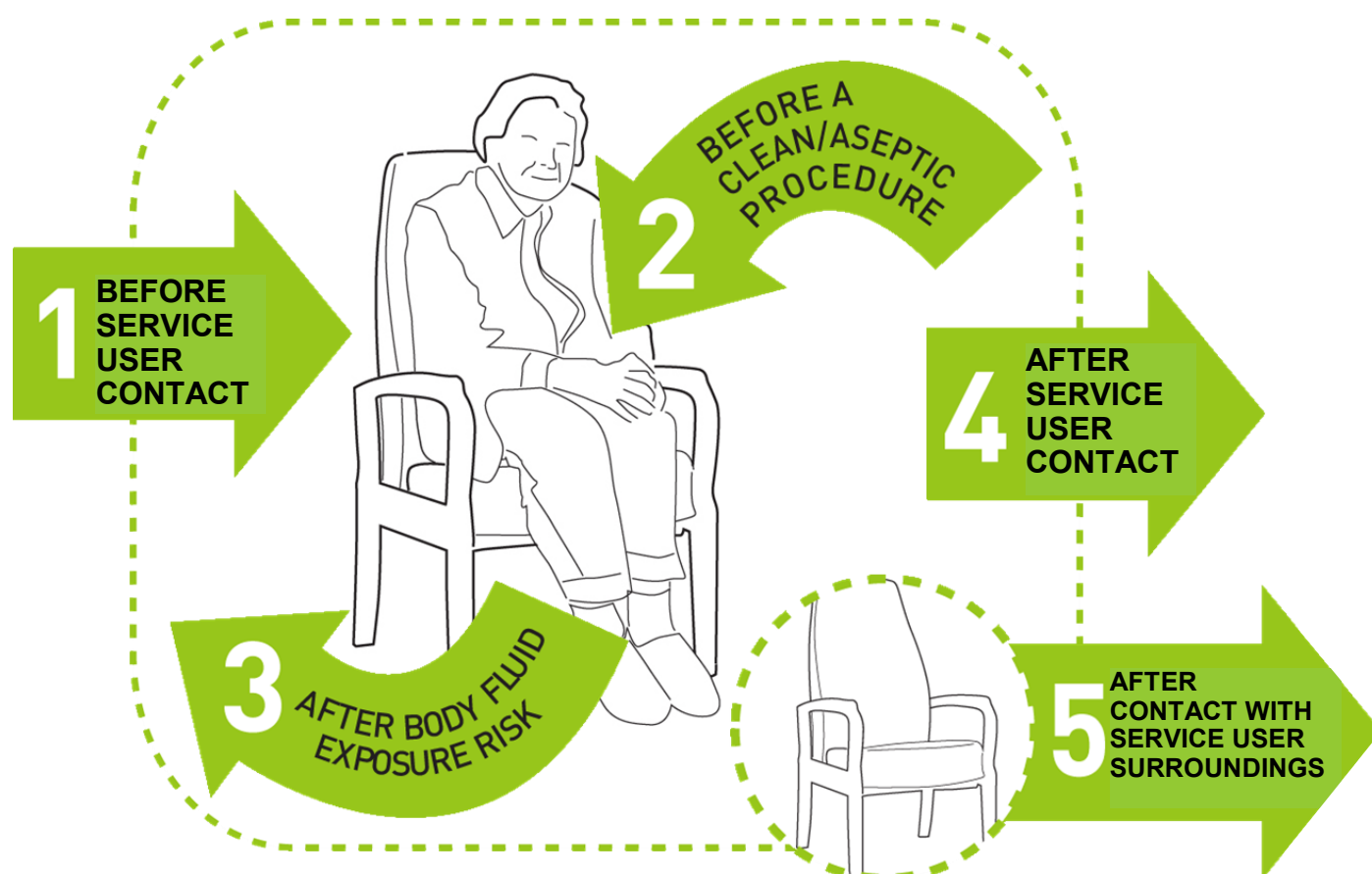


Your 5 moments for hand hygiene at the point of care



Adapted from the WHO Alliance for Patient Safety 2006

1 BEFORE SERVICE USER CONTACT	<p>WHEN? Clean your hands before touching a service user when approaching him/her.</p> <p>WHY? To protect the resident against harmful germs carried on your hands.</p>
2 BEFORE A CLEAN/ASEPTIC PROCEDURE	<p>WHEN? Clean your hands immediately before any clean/aseptic procedure.</p> <p>WHY? To protect the resident against harmful germs, including the service user's own, from entering his/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 healthcare environment from harmful service user germs.</p>
4 AFTER SERVICE USER CONTACT	<p>WHEN? Clean your hands after touching a service user and her/his immediate surroundings, when leaving the service user's side.</p> <p>WHY? To protect yourself and the healthcare environment from harmful service user germs.</p>
5 AFTER CONTACT WITH SERVICE USER SURROUNDINGS	<p>WHEN? Clean your hands after touching any object or furniture in the service user's immediate surroundings when leaving—even if the service user has not been touched.</p> <p>WHY? To protect yourself and the healthcare environment from harmful service user germs.</p>