Infection. Prevention. Control.
You're in safe hands

NHS

Your 5 moments for hand hygiene at the point of care

1 BEFORE PATIENT CONTACT

2 BEFORE A CLEAN/ASEPTIC PROCEDURE

4 AFTER PATIENT CONTACT

3 AFTER BODY FLUID EXPOSURE RISK

5 AFTER CONTACT WITH PATIENT SURROUNDINGS
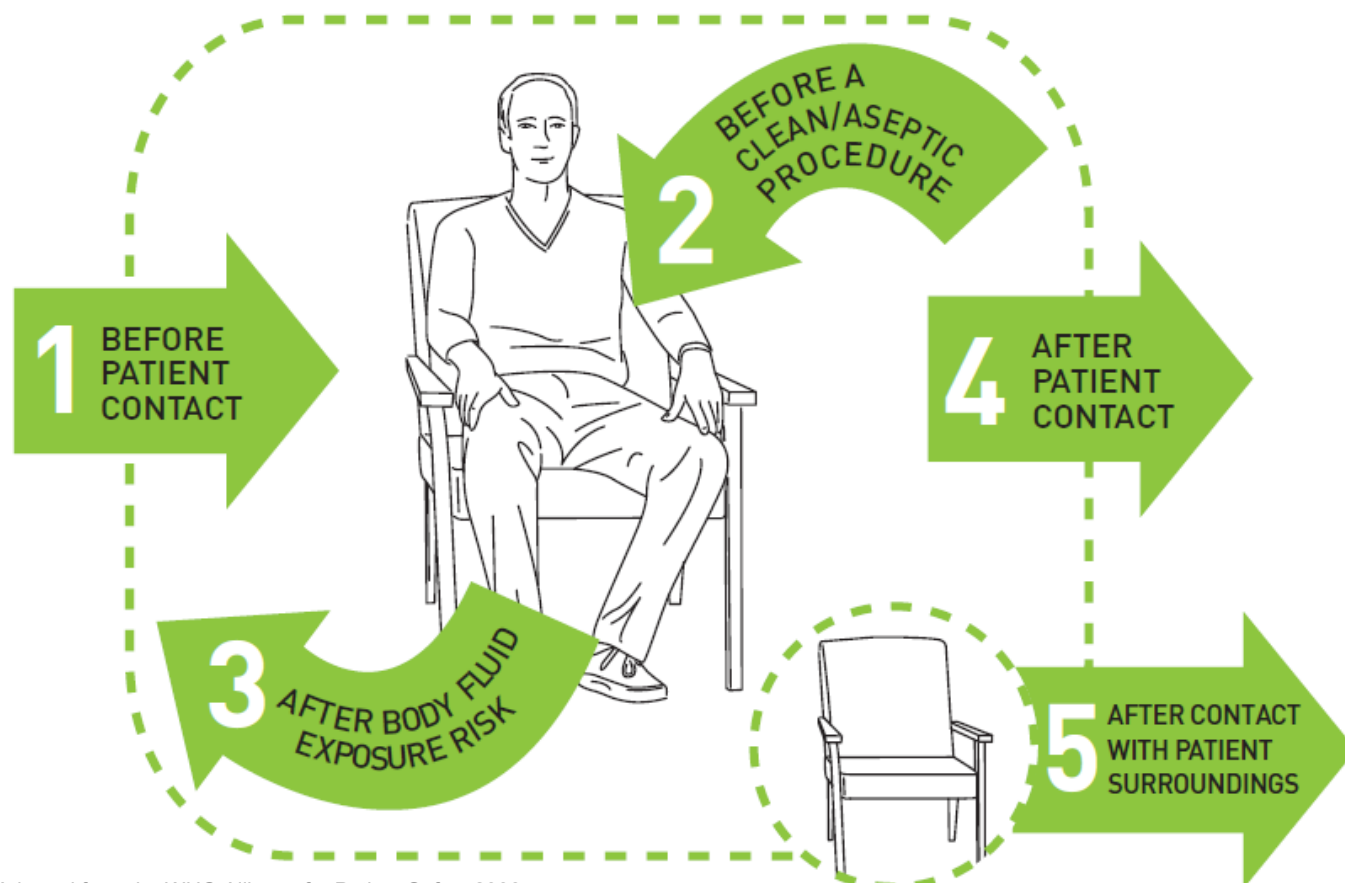
Adapted from the WHO Alliance for Patient Safety 2006

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