

# Your 5 Moments for Hand Hygiene



<b>1</b>	<b>BEFORE TOUCHING A RESIDENT</b>	<b>WHEN?</b>	Clean your hands before touching a resident when approaching them.
		<b>WHY?</b>	To protect the resident against harmful germs carried on your hands.
<b>2</b>	<b>BEFORE CLEAN/ASEPTIC PROCEDURE</b>	<b>WHEN?</b>	Clean your hands immediately before performing a clean/aseptic procedure.
		<b>WHY?</b>	To protect the resident against harmful germs, including the resident's own, from entering their body.
<b>3</b>	<b>AFTER BODY FLUID EXPOSURE RISK</b>	<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 resident germs.
<b>4</b>	<b>AFTER TOUCHING A RESIDENT</b>	<b>WHEN?</b>	Clean your hands after touching a resident and the immediate surroundings, when leaving the resident's side.
		<b>WHY?</b>	To protect yourself and the health-care environment from harmful resident germs.
<b>5</b>	<b>AFTER TOUCHING RESIDENT SURROUNDINGS</b>	<b>WHEN?</b>	Clean your hands after touching any object or furniture in the resident's immediate surroundings, when leaving - even if the resident has not been touched.
		<b>WHY?</b>	To protect yourself and the health-care environment from harmful resident germs.

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