Your 5 Moments for Hand Hygiene

1 BEFORE TOUCHING A RESIDENT

2 BEFORE CLEAN/ASEPTIC PROCEDURE

3 AFTER BODY FLUID EXPOSURE RISK

4 AFTER TOUCHING A RESIDENT

5 AFTER TOUCHING RESIDENT SURROUNDINGS

1	**BEFORE TOUCHING A RESIDENT**	**WHEN?**	Clean your hands before touching a resident when approaching them.
		WHY?	To protect the resident against harmful germs carried on your hands.
2	**BEFORE CLEAN/ ASEPTIC PROCEDURE**	**WHEN?**	Clean your hands immediately before performing a clean/aseptic procedure.
		WHY?	To protect the resident against harmful germs, including the resident's own, from entering their 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 health-care environment from harmful resident germs.
4	**AFTER TOUCHING A RESIDENT**	**WHEN?**	Clean your hands after touching a resident and the immediate surroundings, when leaving the resident's side.
		WHY?	To protect yourself and the health-care environment from harmful resident germs.
5	**AFTER TOUCHING RESIDENT SURROUNDINGS**	**WHEN?**	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.
		WHY?	To protect yourself and the health-care environment from harmful resident germs.

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