# 5 Moments for HAND HYGIENE

**1 BEFORE TOUCHING A PATIENT**

**2 BEFORE A PROCEDURE**

**3 AFTER A PROCEDURE OR BODY FLUID EXPOSURE RISK**

**4 AFTER TOUCHING A PATIENT**

**5 AFTER TOUCHING A PATIENT´S SURROUNDINGS**

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| **1 BEFORE TOUCHING A PATIENT** | **When:** Clean your hands before touching a patient and their immediate surroundings. | |
| | **Why:** To protect the patient against acquiring harmful germs from the hands of the HCW. | |
| **2 BEFORE A PROCEDURE** | **When:** Clean your hands immediately before a procedure. | |
| | **Why:** To protect the patient from harmful germs (including their own) from entering their body during a procedure. | |
| **3 AFTER A PROCEDURE OR BODY FLUID EXPOSURE RISK** | **When:** Clean your hands immediately after a procedure or body fluid exposure risk. | |
| | **Why:** To protect the HCW and the healthcare surroundings from harmful patient germs. | |
| **4 AFTER TOUCHING A PATIENT** | **When:** Clean your hands after touching a patient and their immediate surroundings. | |
| | **Why:** To protect the HCW and the healthcare surroundings from harmful patient germs. | |
| **5 AFTER TOUCHING A PATIENT'S SURROUNDINGS** | **When:** Clean your hands after touching any objects in a patient's surroundings when the patient has not been touched. | |
| | **Why:** To protect the HCW and the healthcare surroundings from harmful patient germs. | |

Hand Hygiene Australia
www.hha.org.au

Adapted from
World Health Organization