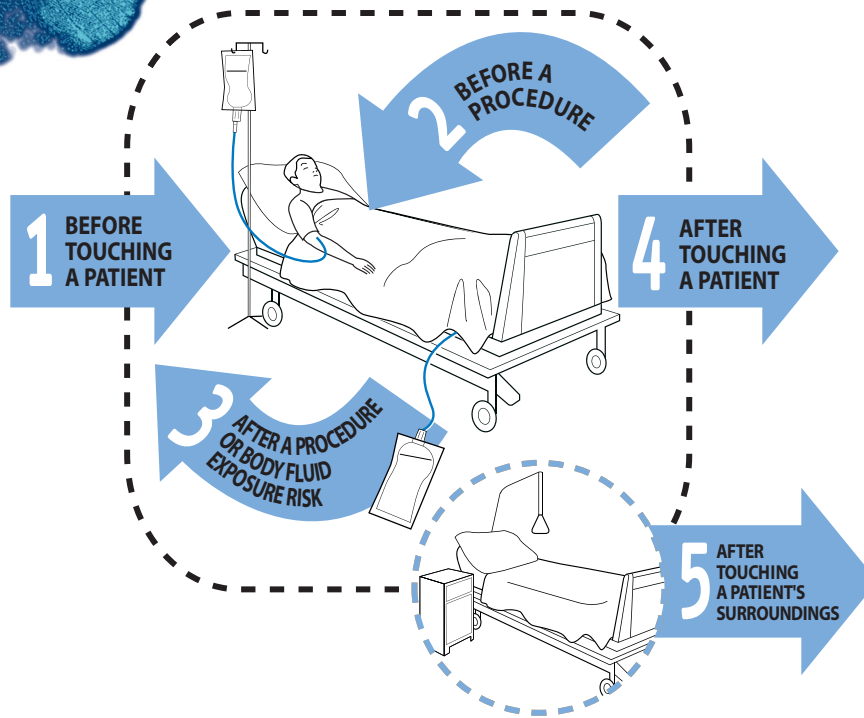




Talk to the Hand. Is it clean?

Your 5 moments for hand hygiene



1	BEFORE TOUCHING A PATIENT	WHEN? Clean your hands before touching a patient when approaching him/her EXAMPLES: shaking hands, helping a patient to move around, clinical examination, feeding etc
2	BEFORE A PROCEDURE	WHEN? Clean your hands immediately before any aseptic task or procedure. This includes after any action of patient care, treatment or assessment where contact is made with non-intact skin EXAMPLES: oral/dental care, wound dressing, catheter insertion, or administering medication via invasive Medical Device
3	AFTER A PROCEDURE OR BODY FLUID EXPOSURE RISK	WHEN? Clean your hands after any actual or potential exposure to body fluids (and after glove removal) EXAMPLES: oral/dental fluids, clearing up vomit, urine, faeces, handling waste and specimen collection
4	AFTER TOUCHING A PATIENT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side EXAMPLES: shaking hands, helping a patient to move around, feeding, non-invasive treatment or observation
5	AFTER TOUCHING A PATIENT'S 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 EXAMPLES: changing bed linen, furniture or equipment adjustment or movement, moving patient belongings