

Hand Hygiene: 5 Key Moments

Protect yourself and your patients. Clean your hands:

The 5 Moments

1. **Before** touching a patient
2. **Before** a clean or aseptic procedure
3. **After** body fluid exposure risk
4. **After** touching a patient
5. **After** touching patient surroundings

Clean Hands Save Lives

Effective hand hygiene is the single most important way to prevent the spread of infection.

How to Clean Your Hands

Use soap and water or alcohol-based hand rub. Ensure full coverage and correct technique.

Make hand hygiene a habit. Protect everyone.