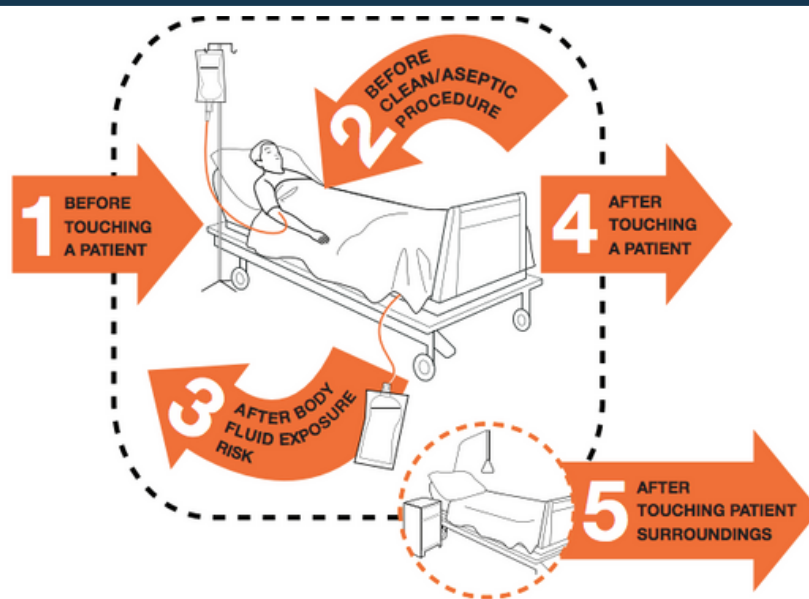


# Five Moments for Hand Hygiene



OPPORTUNITY	INDICATION	EXAMPLE(S)
<b>1. Before touching a patient</b>	<p><b>When?</b> Clean hands before touching a patient</p> <p><b>Why?</b> To protect patients against harmful germs carried on hands</p>	<p>Health care personnel (HCP) or environmental services (EVS) staff entering the room to provide patient care or clean a patient room.</p> <p><b>Note:</b> If the patient is on any type of transmission-based precaution (e.g., contact, airborne, droplet) this step should be performed immediately before donning any PPE.</p>
<b>2. Before clean/aseptic procedure</b>	<p><b>When?</b> Clean hands immediately before performing a clean/aseptic procedure</p> <p><b>Why?</b> To protect against harmful germs, including the patient's own germs from entering their body</p>	<p>HCP is already in the room and is preparing to conduct a procedure. For instance, cleaning a tracheostomy, providing urinary catheter care, entering a central venous catheter, etc.</p>
<b>3. After body fluid exposure risk</b>	<p><b>When?</b> Clean hands immediately after an exposure risk to body fluids AND after glove removal (between tasks)</p> <p><b>Why?</b> To protect oneself, patients and the health care environment from harmful germs</p>	<p>HCP is draining and measuring urine from the patient's urinary catheter bag and then proceeds to give the patient their medication.</p> <p><b>Note:</b> Gloves changes are not a substitute for hand hygiene.</p>
<b>4. After touching a patient</b>	<p><b>When?</b> Clean hands after touching a patient and/or their immediate surroundings</p> <p><b>Why?</b> To protect oneself, patients and the health care environment from harmful germs</p>	<p>HCP exiting a patient room after administering medication and moving the patient bedside table.</p> <p><b>Note:</b> If the patient is on precautions for <i>Clostridioides difficile</i>, staff MUST use soap and water as the method for hand hygiene.</p>
<b>5. After touching patient surroundings</b>	<p><b>When?</b> Clean hands after touching any object or furniture in the patient care environment, even if the patient HAS NOT been touched</p> <p><b>Why?</b> To protect oneself and the health care environment from harmful germs</p>	<p>HCP exiting a patient room after silencing a patient's bed alarm. EVS staff completing a daily clean in a patient room.</p> <p><b>Note:</b> If the patient is on precautions for <i>Clostridioides difficile</i>, staff MUST use soap and water as the method for hand hygiene.</p>