



# Clean your hands at these 5 moments



- 1 Before touching a patient
- 2 Before clean/aseptic procedure
- 3 After body fluid exposure risk
- 4 After touching a patient
- 5 After touching patient surroundings

**1** Before touching a patient

**WHEN?** Clean your hands before touching a patient when approaching him or her  
**WHY?** To protect the patient 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 patient against harmful germs, including the patient's own germs, entering his or her 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 patient germs

**4** After touching a patient

**WHEN?** Clean your hands after touching a patient and his or her immediate surroundings when leaving  
**WHY?** To protect yourself and the health-care environment from harmful patient germs

**5** After touching patient surroundings

**WHEN?** Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even without touching the patient  
**WHY?** To protect yourself and the health-care environment from harmful patient germs

**Germs. Wash your hands to get rid of them.**

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