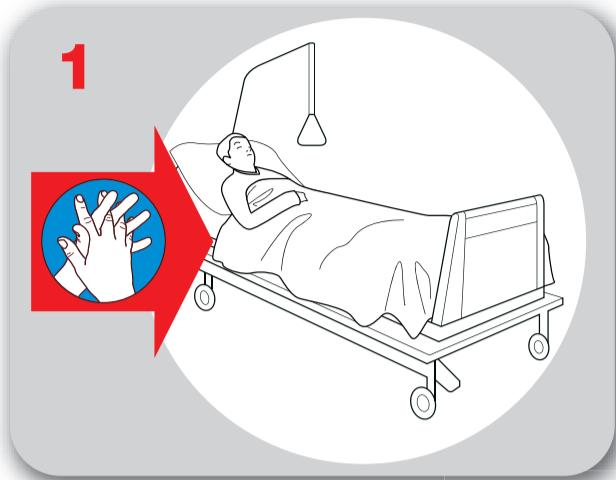
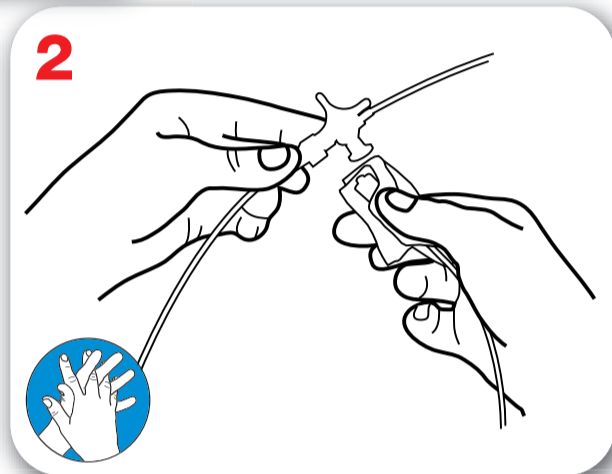


# Your 5 moments for HAND HYGIENE



## 1 **BEFORE PATIENT CONTACT**

Clean your hands before touching a patient when approaching him or her



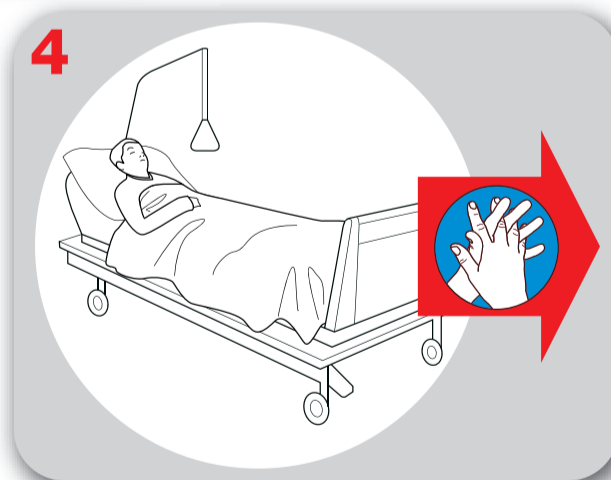
## 2 **BEFORE AN ASEPTIC TASK**

Clean your hands immediately before any aseptic task



## 3 **AFTER BODY FLUID EXPOSURE RISK**

Clean your hands immediately after an exposure risk to body fluids (and after glove removal)



## 4 **AFTER PATIENT CONTACT**

Clean your hands after touching a patient and his or her immediate surroundings when leaving



## 5 **AFTER CONTACT WITH PATIENT SURROUNDINGS**

Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even without touching the patient