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You're in safe hands

NHS

Your 5 moments for hand hygiene at the point of care



Adapted from the WHO Alliance for Patient Safety 2006

1	BEFORE RESIDENT CONTACT	**WHEN?** Clean your hands before touching a resident when approaching him/her. **WHY?** To protect the resident against harmful germs carried on your hands.
2	BEFORE A CLEAN/ASEPTIC PROCEDURE	**WHEN?** Clean your hands immediately before any clean/aseptic procedure. **WHY?** To protect the resident against harmful germs, including the resident's own, from entering his/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 healthcare environment from harmful resident germs.
4	AFTER RESIDENT CONTACT	**WHEN?** Clean your hands after touching a resident and her/his immediate surroundings, when leaving the resident's side. **WHY?** To protect yourself and the healthcare environment from harmful resident germs.
5	AFTER CONTACT WITH RESIDENT'S SURROUNDINGS	**WHEN?** Clean your hands after touching any object or furniture in the resident's immediate surroundings when leaving—even if the resident has not been touched. **WHY?** To protect yourself and the healthcare environment from harmful resident germs.

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