

Your **5 Moments** for hand hygiene

Clean your hands every time.

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

Rub with alcohol hand rub for most moments. **Wash** with soap and water when hands are soiled, and for C. diff or norovirus.