



Clean your hands

The 5 moments for hand hygiene

1

Before touching a person

Protect them from germs on your hands.

2

Before a clean procedure

Such as wound care, eye drops or handling food.

3

After body fluid risk

Including after removing gloves.

4

After touching a person

Protect yourself and the next surface you touch.

5

After touching their surroundings

Beds, chairs, tables and equipment count too.

Use hand rub, or soap and water when hands are visibly dirty. Rub every surface until dry.