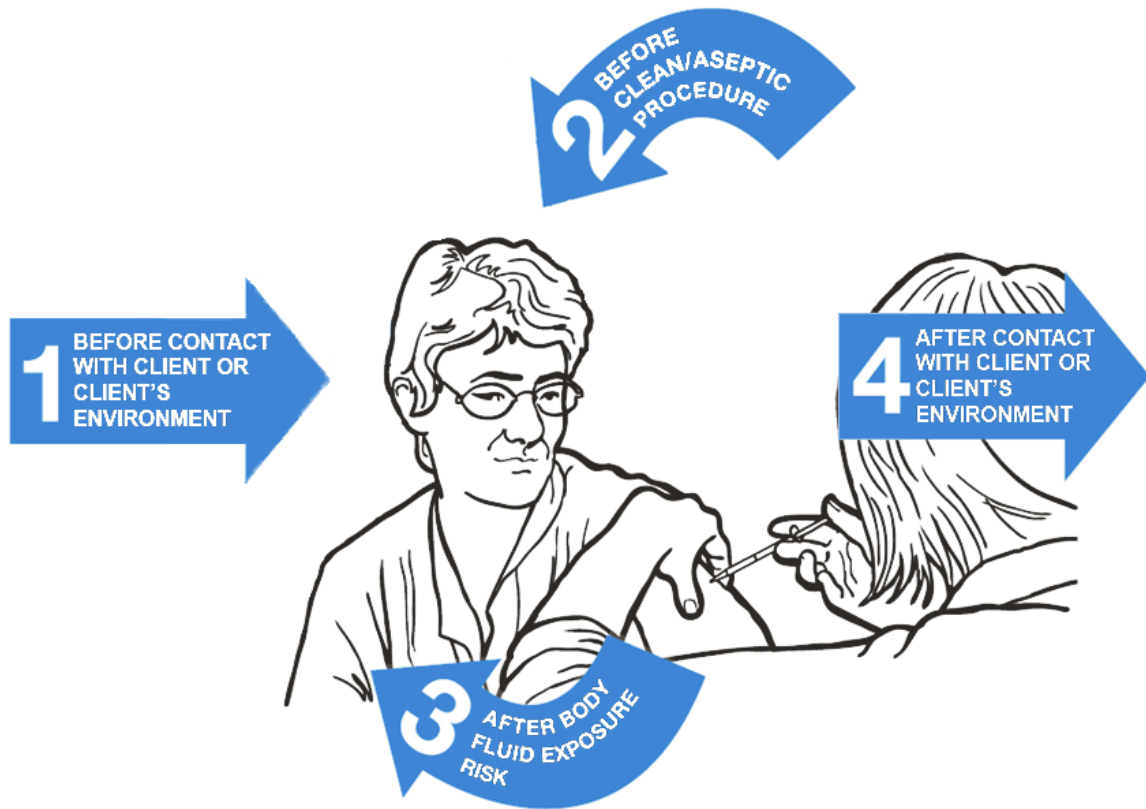


# Your 4 Moments for Hand Hygiene



1	<b>BEFORE</b> contact with client/client's environment	<p><b>Why?</b> To protect the client against harmful germs carried on your hands</p> <p><b>Example:</b> Before providing client care</p>
2	<b>BEFORE</b> clean/aseptic procedure	<p><b>Why?</b> To protect the client against harmful germs from entering their body</p> <p><b>Example:</b> Before handling clean supplies</p>
3	<b>AFTER</b> body fluid exposure risk	<p><b>Why?</b> To protect yourself and the health care environment from harmful germs</p> <p><b>Example:</b> After an invasive procedure</p>
4	<b>AFTER</b> contact with client/client's environment	<p><b>Why?</b> To protect yourself and the health care environment from harmful germs</p> <p><b>Example:</b> After providing client care</p>