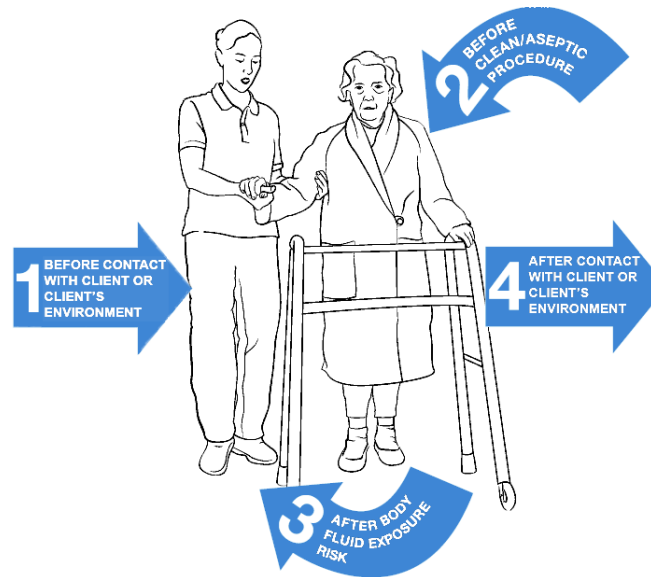


# Your 4 Moments for Hand Hygiene



1	<b>BEFORE</b> contact with client or client's environment	<b>Why?</b> <i>To protect the client against harmful germs carried on your hands</i>	<b>Example</b> <i>Before helping to move or transfer a client</i>
2	<b>BEFORE</b> clean/aseptic procedure	<b>Why?</b> <i>To protect the client against harmful germs from entering their body</i>	<b>Example</b> <i>Before preparing client's food or feeding a client</i>
3	<b>AFTER</b> body fluid exposure risk	<b>Why?</b> <i>To protect yourself and the health care environment from harmful germs</i>	<b>Example</b> <i>After wound care or contacting soiled linens</i>
4	<b>AFTER</b> contact with client or client's environment	<b>Why?</b> <i>To protect yourself and the health care environment from harmful germs</i>	<b>Example</b> <i>After taking a client's vital signs</i>