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Duration of the entire procedure: 40-60 seconds

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

How to handwash?

FOLD



Duration of the entire procedure: 20-30 seconds

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

How to handrub?

SAVE LIVES
Clean **Your** Hands

May 2009

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Hand Hygiene
When and How



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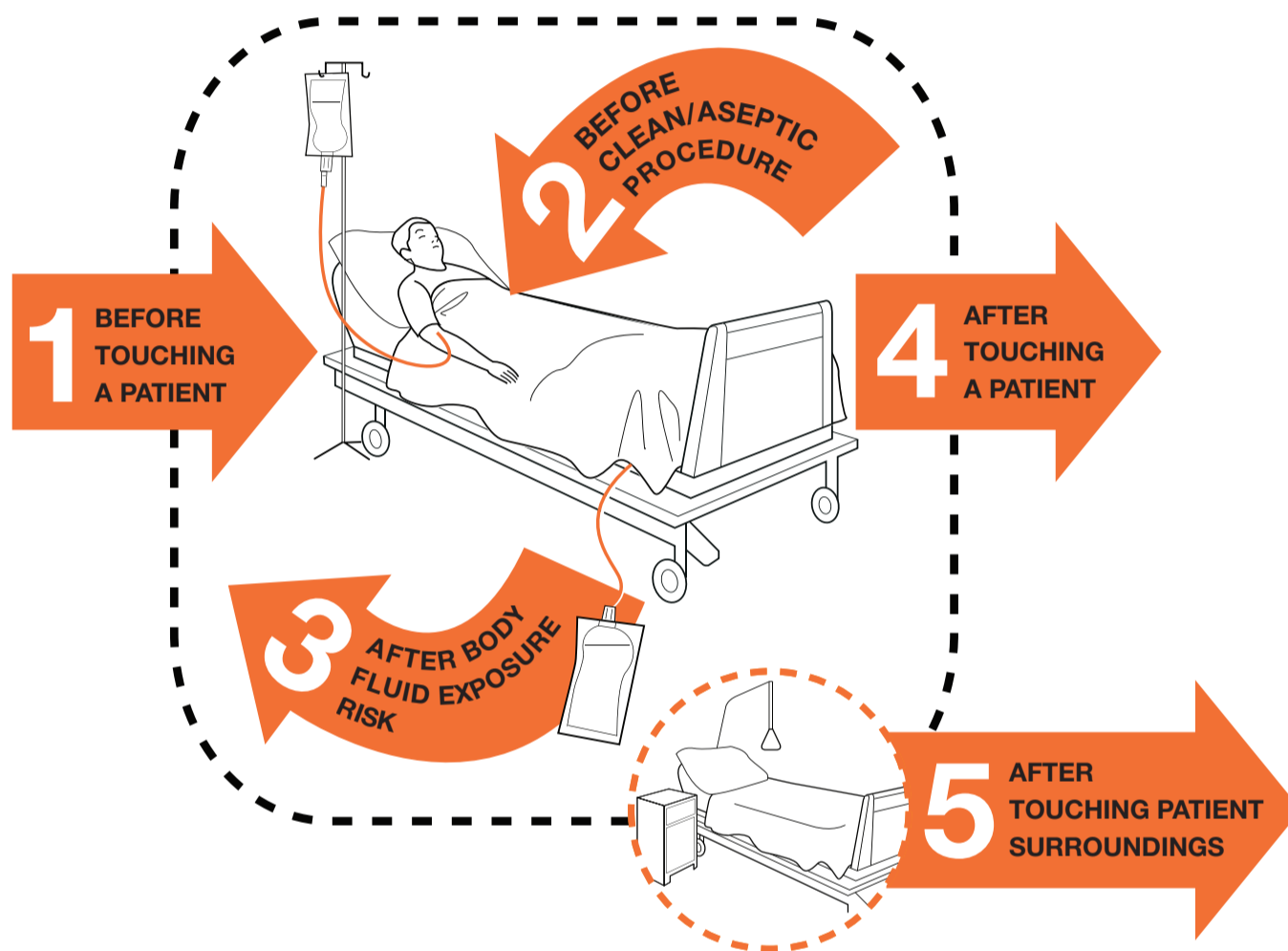
Patient Safety
A World Alliance for Safer Health Care

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When?

YOUR 5 MOMENTS FOR HAND HYGIENE



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1 BEFORE TOUCHING A PATIENT	WHEN? Clean your hands before touching a patient when approaching him/her. WHY? To protect the patient against harmful germs carried on your hands.
2 BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN? Clean your hands immediately before performing a clean/aseptic procedure. WHY? To protect the patient against harmful germs, including the patient'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 health-care environment from harmful patient germs.
4 AFTER TOUCHING A PATIENT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side. WHY? To protect yourself and the health-care environment from harmful patient germs.
5 AFTER TOUCHING PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched. WHY? To protect yourself and the health-care environment from harmful patient germs.

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