



# 5 Moments for Hand Hygiene

- 1 BEFORE patient contact**  
Different nursing activities require several hand disinfections.
- 2 BEFORE an aseptic task**  
Disinfecting the hands prior to aseptic tasks is particularly important to prevent healthcare associated infections.
- 3 AFTER body fluid exposure risk**  
Gloves are a must when handling potentially infectious material, but are not a full protection against infection: Always disinfect your hands after glove removal!
- 4 AFTER patient contact**  
Hands need to be disinfected after touching a patient and before touching objects that are not in the patient's surroundings, e.g. ward trolleys!
- 5 AFTER contact with patient surroundings**  
Hands need to be disinfected even when objects in the patient's surroundings are touched, e.g. when exchanging glasses and water bottles on the bedside table!

Reference:  
WHO (2009) WHO Guidelines on Hand Hygiene in Health Care.

