Your Moments for
Hand Hygiene
Health care in a residential home

2 BEFORE CLEAN/ASEPTIC PROCEDURE

1 BEFORE TOUCHING A PATIENT

4 AFTER TOUCHING A PATIENT

3 AFTER BODY FLUID EXPOSURE RISK
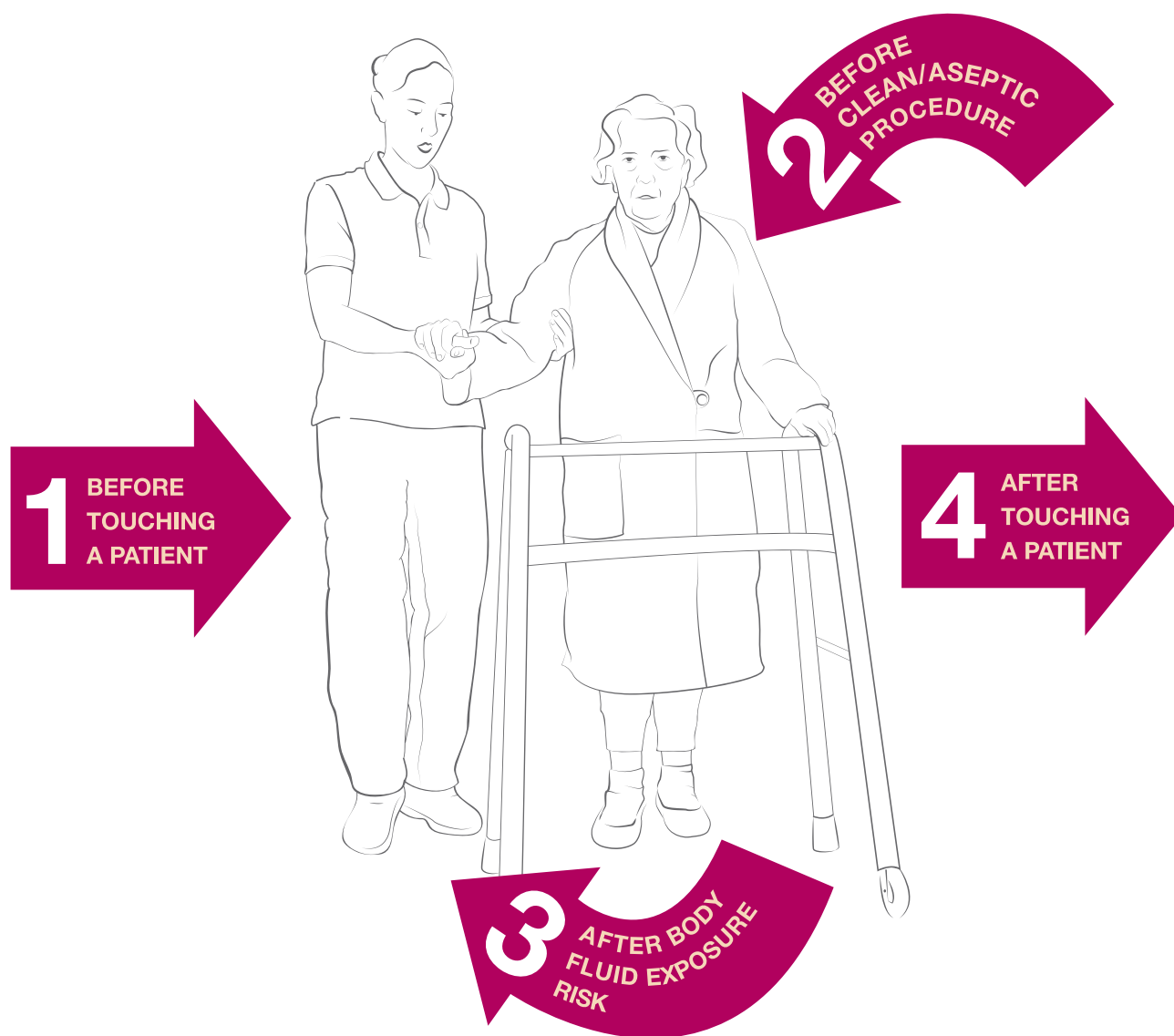
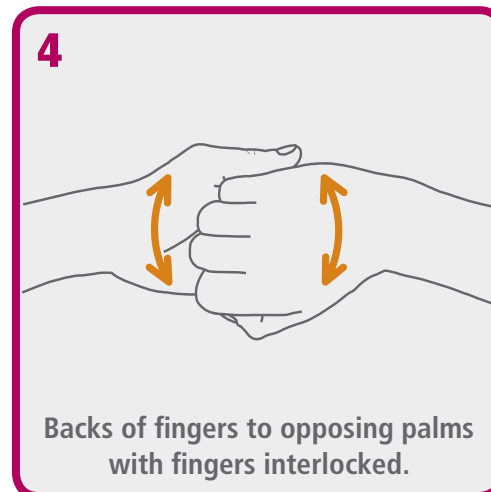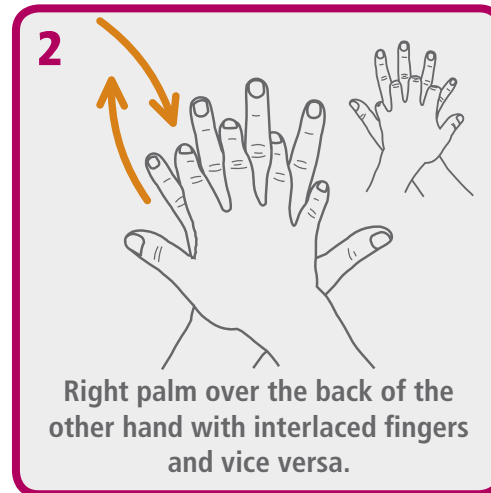| 1 BEFORE TOUCHING A PATIENT | **WHEN?** Clean your hands before touching a patient. |
	WHY? To protect the patient against harmful germs carried on your hands.
2 BEFORE CLEAN/ ASEPTIC PROCEDURE	**WHEN?** Clean your hands immediately before performing a clean/aseptic procedure.
	WHY? To protect the 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 a procedure involving exposure risk to body fluids (and after glove removal).
	WHY? To protect yourself and the environment from harmful patient germs.
4 AFTER TOUCHING A PATIENT	**WHEN?** Clean your hands after touching the patient at the end of the encounter or when the encounter is interrupted.
	WHY? To protect yourself and the environment from harmful patient germs.

World Health Organization

SAVE LIVES
Clean **Your** Hands

For all the React To Infection resources go to: **www.reactto.co.uk**

Your Technique for
Hand Washing

Wet your hands with water and apply enough soap to cover all hand surfaces.

1

Rub hands palm to palm.

2

Right palm over the back of the other hand with interlaced fingers and vice versa.

3

Palm to palm with fingers interlaced.

4

Backs of fingers to opposing palms with fingers interlocked.

5

Rotational rubbing of left thumb clasped in right palm and vice versa.

6

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Rinse hands with water and dry thoroughly with disposable paper towel. Use a disposable paper towel to turn off tap.

For all the React To Infection resources go to: **www.reactto.co.uk**