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THE 5 MOMENTS FOR HAND HYGIENE

WHO's My 5 moments for Hand Hygiene[1]

1 Moment ONE	2 Moment TWO	3 Moment THREE	4 Moment FOUR	5 Moment FIVE
Before touching a patient	Before clean/ aseptic procedures	After body fluid exposure/risk	After touching a patient	After touching patient surroundings

REMEMBER **Gloves do not replace the need for hand hygiene so perform before and after glove wear.[1]**

The World Health Organization (WHO) recommends that healthcare workers (HCWs) adhere to WHO's My 5 Moments for Hand Hygiene.[1]

Hand hygiene encompasses the cleansing of hands with either an alcohol-based hand rub for a duration of 20 to 30 seconds or with soap and water for a duration of 40 to 60 seconds. Alcohol-based hand rubs are the optimal choice when hands are not visibly soiled; if hands are visibly soiled, washing with soap and water is the recommended course of action.

[1] World Health Organization and Patient Safety: WHO Guidelines on Hand Hygiene in Health Care. World Health Organization, Geneva 2009.

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