



YOUR **5** MOMENTS FOR HAND HYGIENE

1

Before touching
a patient

2

Before a procedure

3

After a procedure
or body fluid
exposure risk

4

After touching
a patient

5

After touching a
patient's surroundings

WHY?

To protect the patient,
the health care worker and
the health care surroundings
from harmful germs

Adapted from:



World Health
Organization

New Zealand Government



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kupu Taurangi Hauora o Aotearoa