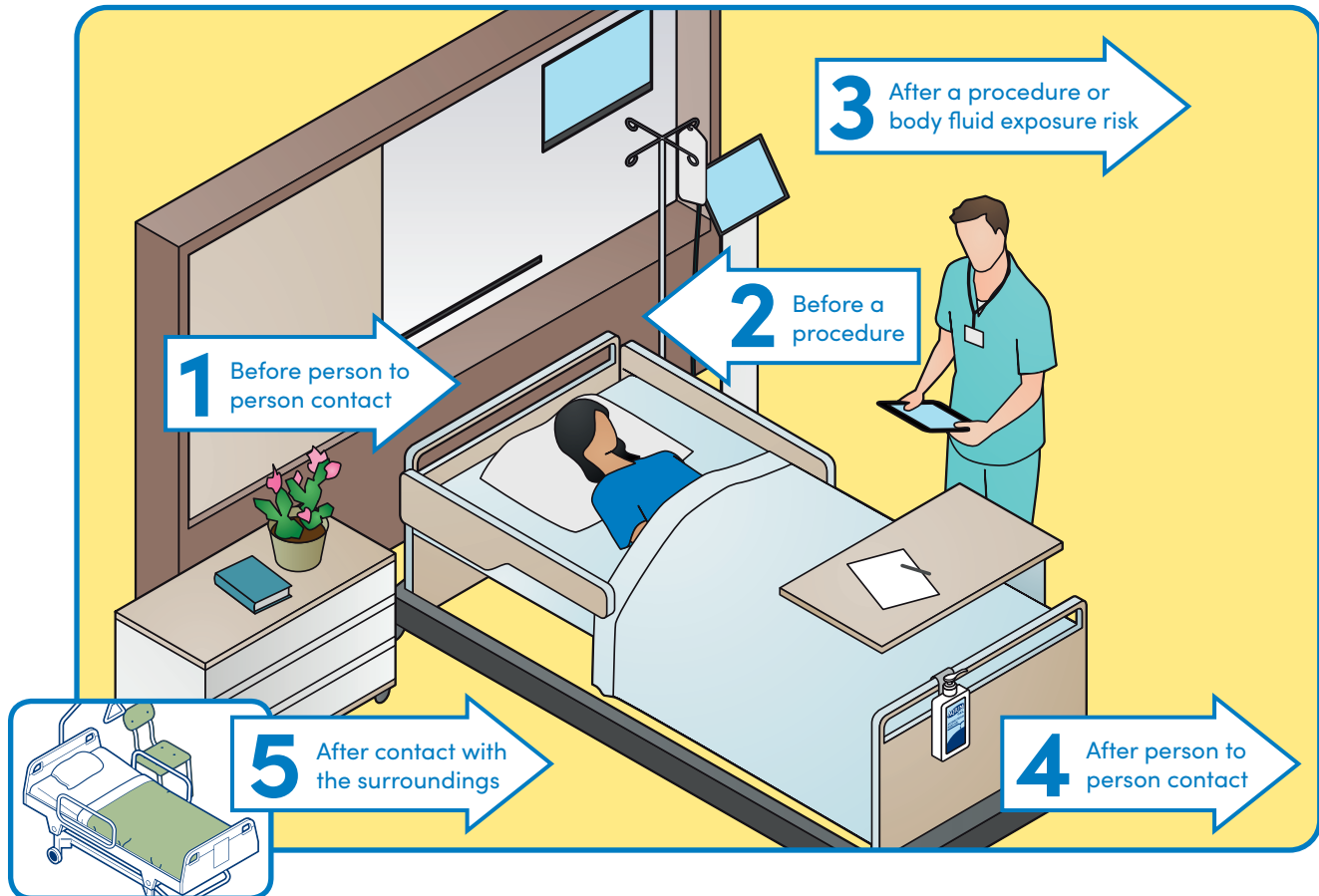




5 moments for hand hygiene for healthcare workers



1 BEFORE person to person contact

When: Sanitise your hands before contact with a person or their immediate surroundings.

Why: Helps reduce the spread of germs from the healthcare worker's hands to the patient.

2 BEFORE a procedure

When: Sanitise your hands immediately before a procedure.

Why: Helps reduce the spread of germs from the healthcare worker's hands to the patient.

3 AFTER a procedure or body fluid exposure risk

When: Sanitise your hands immediately after a procedure or body fluid exposure risk.

Why: To help reduce the spread of germs from the healthcare worker to others or to themselves.

4 AFTER person to person contact

When: Sanitise your hands after contact with a person or their immediate surroundings.

Why: To help reduce the spread of germs from the healthcare worker to others or to themselves.

5 AFTER contact with the surroundings

When: Sanitise your hands after touching any objects in the surrounding area even if there is no person to person contact.

Why: To help reduce the spread of germs from the healthcare worker to others or to themselves.

*Adapted from World Health Organization.

Always read the label.
Follow the directions for use.

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