**YOUR 5 MOMENTS FOR HAND HYGIENE**

Haemodialysis in ambulatory care

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.

5. **AFTER TOUCHING PATIENT SURROUNDINGS**
   - **WHEN?** Clean your hands after touching any object or furniture in the patient surroundings when a specific zone is temporarily and exclusively dedicated to a patient – even if the patient has not been touched.
   - **WHY?** To protect yourself and the environment from harmful patient germs.

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"Based on the 'WHO Hand Hygiene in Outpatient and Home-based Care and Long-term Care Facilities’ posters, URL: http://apps.who.int/iris/bitstream/10665/77608/1/9789241503372_www.pdf?ua=1"

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