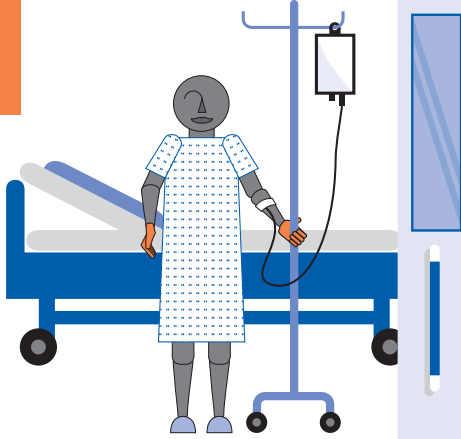


# When to clean your hands

Hand hygiene is important to help protect you and other patients from infection. You can clean your hands with soap and water, hand wipes or handrub.

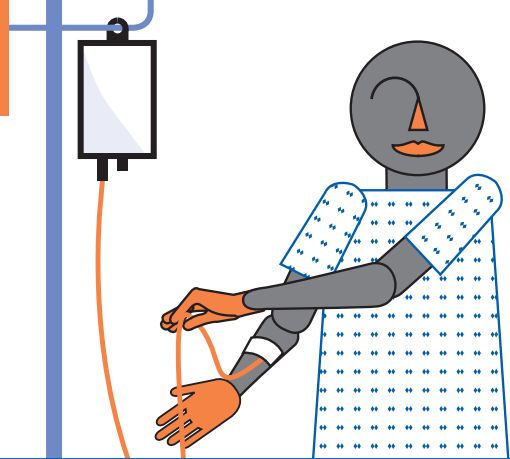
## FIVE MOMENTS TO CLEAN YOUR HANDS

1



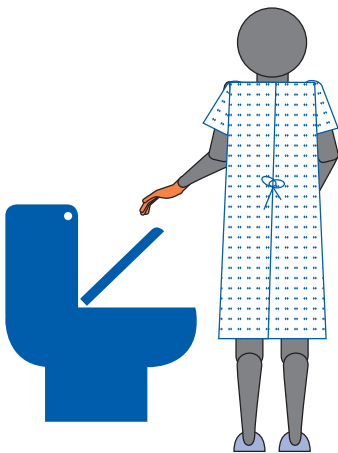
When entering or leaving your ward or bedroom

2



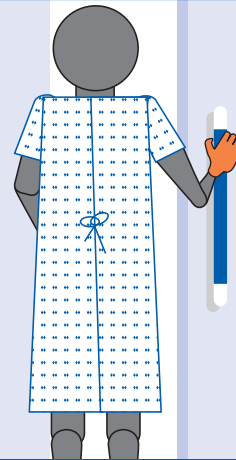
Before and after touching your own wounds, mouth and nose, or any tubes entering your body (eg urinary catheter, intravenous tube)

3



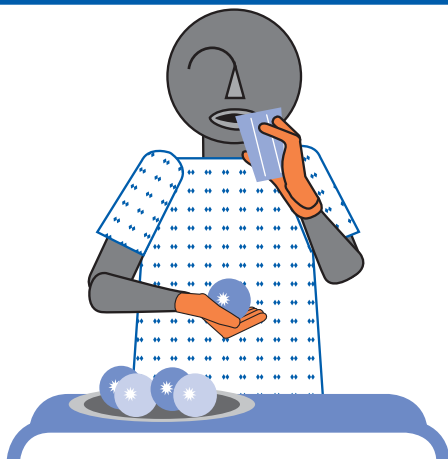
After using the toilet, bedpan or commode

4



After touching surfaces touched by many people (eg door handles, handrails)

5



Before eating, drinking and taking medicines

**Nursing  
Times**

This poster is funded by an unrestricted educational grant from Medipal

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Infection prevention. Everywhere.

Sources: Robert Koch Institute (2016);  
World Health Organization (2019)