

Health support procedures and personal care

5 moments of hand hygiene

Wash or sanitise your hands



1. Before contact with a person



2. Before or after a health care procedure or care support



3. After contact with a person



4. After contact with a person's environment or equipment e.g. books, papers



5. After any blood or body exposure even if you have worn gloves.



For how to wash or sanitise your hands go to: <https://youtu.be/g27OYeILCHs>