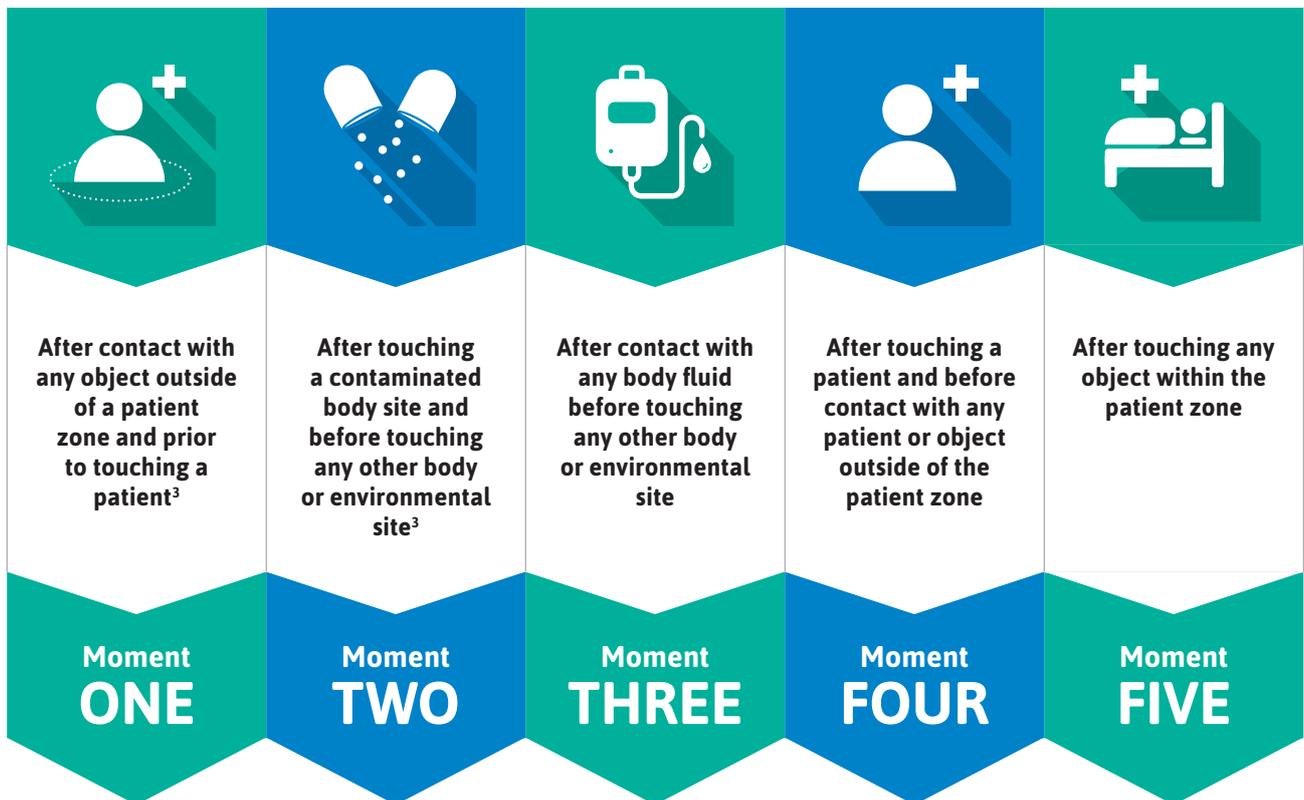


THE 5 MOMENTS FOR HAND HYGIENE

The World Health Organization (WHO) recommends during the COVID-19 outbreak that healthcare workers (HCWs) apply WHO's *My 5 Moments for Hand Hygiene* approach before touching a patient, before any clean or aseptic procedure is performed, after exposure to body fluid, after touching a patient, and after touching a patient's surroundings.

Hand hygiene includes either cleansing hands with an alcohol-based hand rub or with soap and water. Alcohol-based hand rubs are preferred if hands are not visibly soiled. When hands are visibly soiled, WHO recommends that HCWs to wash hands with soap and water.



1. WHO Infection prevention and control during health care when COVID-19 is suspected [https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-\(ncov\)-infection-is-suspected-20200125](https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-(ncov)-infection-is-suspected-20200125)

2. WHO Web Site: <https://www.who.int/gpsc/5may/background/5moments/en/>

3. Kampf G, Lemmen S. Disinfection of gloved hands for multiple activities with indicated glove use on the same patient. *J Hosp Infect.* 2017;97(1):3-10.