



THE 5 MOMENTS FOR HAND HYGIENE

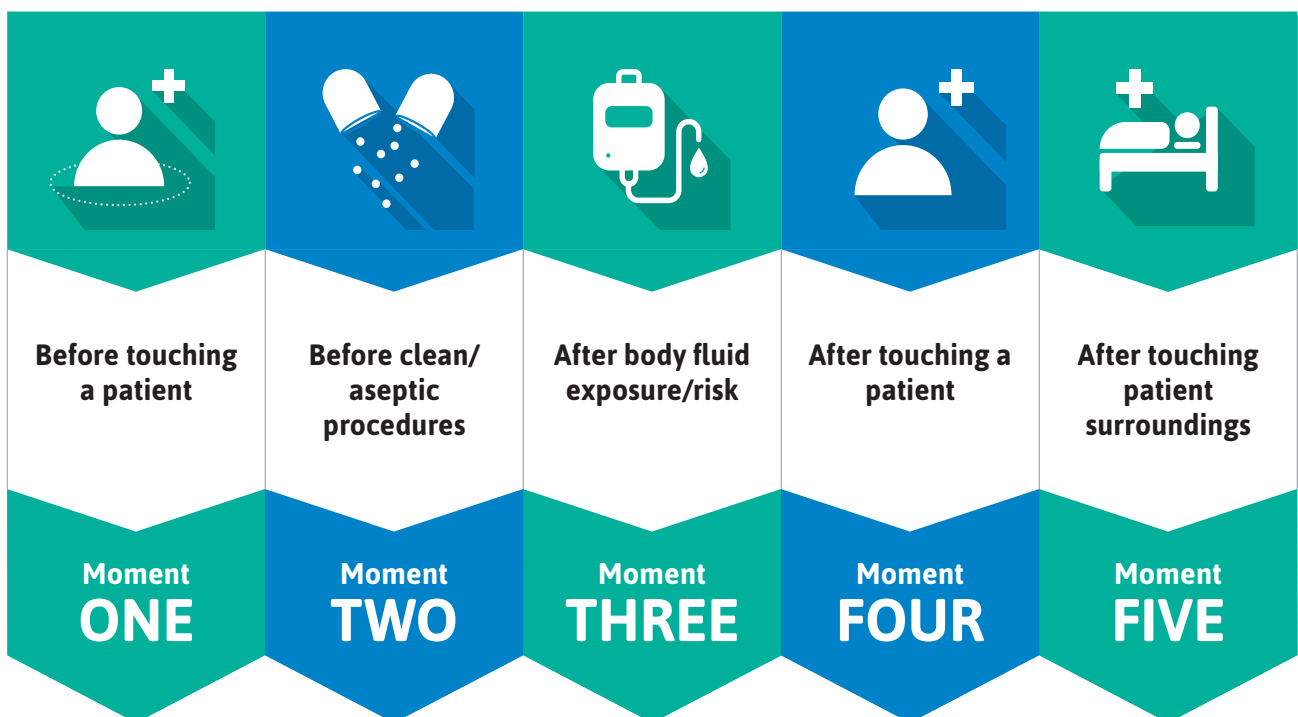
Gloves do not replace the need for hand hygiene.

The World Health Organization (WHO) recommends that healthcare workers (HCWs) adhere to WHO's *My 5 Moments for Hand Hygiene*.

Hand hygiene includes either cleansing hands with an alcohol-based hand rub or with soap and water for a minimum of 20 seconds. Alcohol-based hand rubs are preferred if hands are not visibly soiled, otherwise if soiled, wash with soap and water.



WHO's My 5 moments for Hand Hygiene¹



1. World Health Organization and Patient Safety: WHO Guidelines on Hand Hygiene in Health Care. World Health Organization, Geneva 2009.