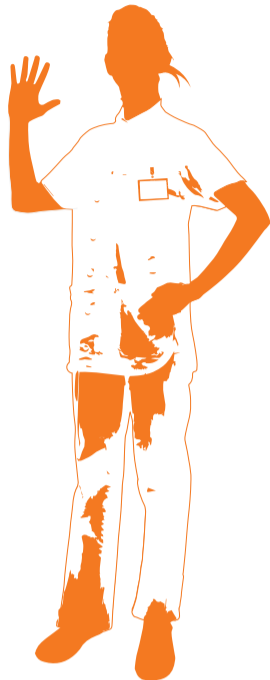# FACT SHEET FOR NURSES

- 1 in 10 patients acquire an infection while receiving healthcare

- Improving hand hygiene practice can lead to a reduction of the spread of pathogens in healthcare by 50% or more

- Improving hand hygiene is one of the key aspects to delivering quality care to patients

- Handwashing education in the community reduces diarrhea illness by 31% and respiratory illnesses by up to 21%

STOP THE SPREAD OF INFECTION & PREVENT ANTIMICROBIAL RESISTANCE WITH THE WHO 5 MOMENTS FOR HAND HYGIENE

1. BEFORE TOUCHING A PATIENT

WHY?
To protect the patient against colonization and, in some cases, against exogenous infection, by harmful germs carried on your hands

WHEN?
Clean your hands before touching a patient when approaching him/her*

2. BEFORE CLEAN/ASEPTIC PROCEDURE

WHY?
To protect the patient against infection with harmful germs, including his/her own germs, entering his/her body

WHEN?
Clean your hands immediately before accessing a critical site with infectious risk for the patient (e.g. a mucous membrane, non-intact skin, an invasive medical device)*

3. AFTER BODY FLUID EXPOSURE RISK

WHY?
To protect you from colonization or infection with patient's harmful germs and to protect the health-care environment from germ spread

WHEN?
Clean your hands as soon as the task involving an exposure risk to body fluids has ended (and after glove removal)

4. AFTER TOUCHING A PATIENT

WHY?
To protect you from colonization with patient germs and to protect the health-care environment from germ spread

WHEN?
Clean your hands when leaving the patient's side, after having touched the patient

5. AFTER TOUCHING PATIENT SURROUNDINGS

WHY?
To protect you from colonization with patient germs that may be present on surfaces / objects in patient surroundings and to protect the health-care environment against germ spread

WHEN?
Clean your hands after touching any object or furniture when living the patient surroundings, without having touched the patient

References
https://www.ncbi.nlm.nih.gov/pubmed/18556606
http://www.who.int/gpsc/5may/campaign_policymakers.pdf?ua=1