

# CLEAN YOUR HANDS

**BEFORE**  
coming into contact with a patient or patient environment



**Examples (not an exhaustive list):**

- Prior to entering patient room and touching patient's environment.
- Prior to entering patient room and touching patient.
- Prior to touching patient or their environment, after touching curtain/door in a multi-patient room.
- Prior to touching a patient or their environment, after touching your face/uniform/lab coat.
- Prior to touching patient's equipment.
- Prior to transferring patient.
- Prior to shaking hands.
- Prior to taking any vital signs.
- Prior to using a stethoscope on a patient's body.
- Prior to making patient comfortable in bed.
- Prior to patient's morning hygiene.
- Prior to contact with patient's wheelchair or walker.
- Prior to bringing patient a puzzle/exercise equipment in physiotherapy/occupational therapy.
- Prior to touching a patient while assisting with their physiotherapy/occupational therapy.
- Prior to putting on gloves and/or other PPE.
- After touching one's face or clothes, prior to touching patient or his/her environment.
- Prior to touching an IV pump.

# CLEAN YOUR HANDS

**BEFORE**  
aseptic/clean procedure



**NOTE: Hand hygiene is required for both Moment 1 and then Moment 2.**

**Examples (not an exhaustive list):**

- Prior to dressing change.
- Prior to skin lesion care.
- Prior to preparing medications or removing them from the Pyxis machine.
- Prior to adding meds to the Pyxis machine/med charts.
- Prior to changing TPN.
- Prior to starting a peripheral IV.
- Prior to changing an IV.
- Prior to giving patient an IV medication.
- Prior to giving an injection/vaccination.
- Prior to opening a vascular access system or draining system.
- Prior to taking blood specimen.
- Prior to taking a blood glucose test.
- Prior to giving a patient an oral medication.
- Prior to subcutaneous/intramuscular injections.
- Prior to instilling eye/ear drops.
- Prior to oral care.
- Prior to setting up a patient's food tray.
- Prior to preparing food.
- Prior to feeding a patient.
- Prior to giving a patient a drink of water.
- Prior to inserting a catheter.
- Prior to inserting an NG tube.
- Prior to secretion aspiration.
- Prior to putting on sterile gloves to perform any aseptic procedure.

# CLEAN YOUR HANDS

**AFTER**  
body fluid exposure risk



**NOTE: After any of these activities, gloves must be removed and hand hygiene performed prior to moving to next activity.**

**Examples (not an exhaustive list):**

- After a dressing change.
- After skin lesion care.
- After inserting an IV.
- After taking a blood specimen.
- After taking a stool specimen.
- After taking a urine specimen.
- After cleaning up a body fluid spill.
- After inserting a catheter.
- After providing oral care to a patient.

# CLEAN YOUR HANDS

**AFTER**  
contact with a patient or patient environment



**Examples (not an exhaustive list):**

- After exiting patient room and touching patient's environment.
- After exiting patient room and touching patient.
- After touching patient's equipment and moving out of the room.
- After transferring patient.
- After shaking hands.
- After taking any vital signs.
- After using a stethoscope on a patient's body.
- After making patient comfortable in bed.
- After patient's morning hygiene.
- After contact with patient's wheelchair or walker.
- After bringing patient a puzzle/exercise equipment in physiotherapy/occupational therapy.
- After touching a patient while assisting with their physiotherapy/occupational therapy.
- Between patients while assisting with their physiotherapy/occupational therapy.
- After taking off gloves.