

# Remember to practice

A graphic with a teal background and a white border. On the left, a large white number '4' is partially filled with teal, and the word 'moments' is written vertically in white. To the right, the Winnipeg Regional Health Authority logo is shown above the text 'Winnipeg Regional Health Authority' and 'Office régional de la santé de Winnipeg'. Below this, the words 'OF HAND' and 'HYGIENE' are written in large, bold, white capital letters.

**4** moments



Winnipeg Regional Health Authority    Office régional de la santé de Winnipeg

**OF HAND  
HYGIENE**

**1 BEFORE** initial patient, resident, client (PRC) or environment contact

**2 BEFORE** aseptic/  
clean procedure

**3 AFTER** body fluid  
exposure risk

**4 AFTER** PRC/PRC  
environment contact





Winnipeg Regional  
Health Authority

Office régional de la  
santé de Winnipeg



**[wrha.mb.ca/ipc](http://wrha.mb.ca/ipc)**

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