Clean Hands Save Lives
Hygienic Hand Sanitation Protocol

Your 5 Moments for Hand Hygiene – Exotics

1. Before touching the patient
2. Before a clean / aseptic procedure
3. After touching a patient
4. After body fluid exposure
5. After touching the patient’s surroundings

The steps on how to clean your hands:

1. Wet your hands
2. Apply soap
3. Rub hands together
4. Rinse hands
5. Dry hands
6. Apply hand sanitizer
7. Rub hands together

› Waterless rubs are your preferred way of sanitising your hands.
› A 30–60 second application of the rub* according to the above technique is necessary.
› Use water and soap for 40–60 seconds only when hands are visibly soiled.

* Depending on the formulation of the product used (refer to manufacturer recommendations).
Use products that have passed the prEN1500 norm or similar.

It’s in your hands! www.veterinaryhandhygiene.org

Document prepared by Denis Verwilghen, June 2016
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Your 5 Moments for Hand Hygiene – Exotics

1. **Before touching the patient**
   - **When?** Clean hands before touching the patient.
   - **Why?** To protect the patient against harmful germs you carried on your hands.
   - **Examples:** Clinical examination, handling patient, restraining patient,…

2. **Before a clean / aseptic procedure**
   - **When?** Clean hands immediately before and after an aseptic task.
   - **Why?** To protect the patient against harmful germs, including patients’ own, from entering its body.
   - **Examples:** Blood sampling, IV catheter manipulation, intra-articular joint treatment, medication administration, catheter placement, wound care,…

3. **After body fluid exposure**
   - **When?** Clean your hands immediately after exposure risk to body fluids and after glove removal.
   - **Why?** To protect yourself and the health-care environment from harmful patient germs.
   - **Examples:** After contact with any body fluid like urine, blood, nasal discharge, saliva, faeces,…

4. **After touching a patient**
   - **When?** Clean hands after touching a patient and its immediate surroundings, when leaving the patient’s side.
   - **Why?** To protect yourself and the health-care environment from harmful patient germs.
   - **Examples:** After clinical exams, after bandage changes, grooming,…

5. **After touching the patient’s surroundings**
   - **When?** Clean your hands after touching any object or furniture in the patient surroundings when leaving even if the patient has not been touched.
   - **Why?** To protect yourself and the health-care environment from harmful patient germs.
   - **Examples:** When leaving the exam room, kennel area or the hospital.

The steps on how to clean your hands

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