



5 Moments for Hand Hygiene

Clean hands for at least 20 seconds with alcohol-based hand rub or soap & water:

- 1 When entering a resident room and before putting on gloves**
- 2 Upon leaving a resident room and after removing gloves**
- 3 Before touching clean items on a cleaning cart**
- 4 Between cleaning resident rooms and bedspaces**
- 5 Between dirty & clean tasks**

Visit the Project Firstline website
to learn more!

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)



**PROJECT
FIRSTLINE**

CDC's National Training Collaborative
for Healthcare Infection Prevention & Control



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California Department of
Public Health