

正確的洗手方法

Effective hand disinfection technique

Each step should be repeated at least five times

以下每下動作請重覆做五次



1
掌心對掌心
Palm to palm



2
右掌心在左手背上，交替洗
Rt. palm over Lt. dorsum,
Lt. palm over Rt. dorsum



3
掌心對掌心，手指交錯
Palm to palm, fingers interlaced



4
旋轉按擦右手指背及左手掌心
Backs of fingers to opposing palms
with fingers interlocked



5
用左手掌心旋轉按擦右手拇指，交替洗
Rotational rubbing of Rt. thumb
clasped in Lt. palm, vice versa



6
手指對掌心，交替洗
Rotational rubbing backwards and forwards with
clasped fingers of Rt. hand in Lt. palm and vice versa

Remember to dry your hands thoroughly!

切記：用乾淨毛巾或擦手紙徹底擦乾雙手；
或用乾手機將雙手吹乾