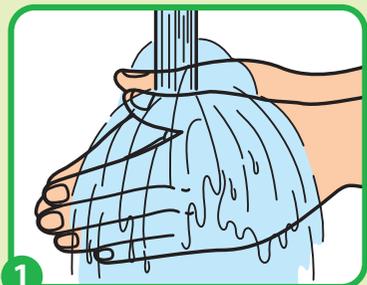


手指の正しい洗浄手順

正确的洗手顺序

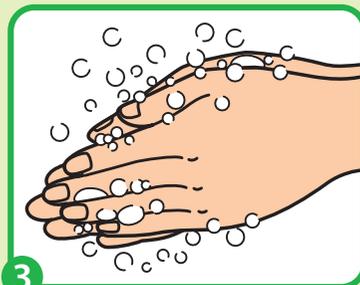
Effective Handwash Procedure



1
まず手指を流水でぬらす
首先冲湿双手
Wet hands with running water.



2
石けん液を適量手の平に
受け取る
接适量的皂液
Apply hand soap onto the palm.



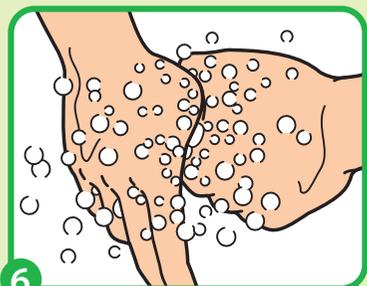
3
手の平と手の平を
擦り合わせよく泡立てる
揉搓至起泡
Rub hands palm to palm and
make good foam.



4
手の甲をもう片方の
手の平でもみ洗う(両手)
揉搓手背
Rub the back of the right hand
moving the left hand's palm
back and forth, and vice-versa.



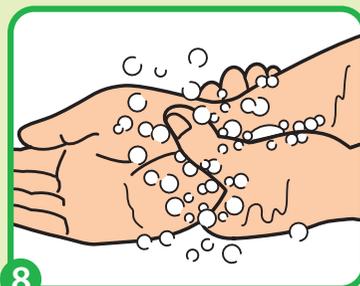
5
指を組んで両手の指の間を
もみ洗う
手指交叉揉搓
Rub between the fingers by
interlocking the fingers.



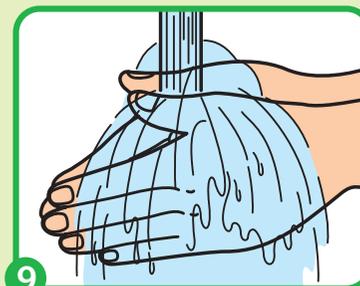
6
親指をもう片方の手で包み
もみ洗う(両手)
揉搓拇指
Rub the thumb of the left hand
by rotating in the clasped palm
of the right hand and vice-versa.



7
指先をもう片方の手の平で
もみ洗う(両手)
手指在掌心揉搓
Rub the fingertips of right hand
with the left hand's palm, and
vice-versa.



8
両手首まで ていねいに
もみ洗う
揉搓手肘
Rub the wrists.



9
流水でよくすすぐ
用流水冲洗干净
Rinse hands and wrists
thoroughly with running water.