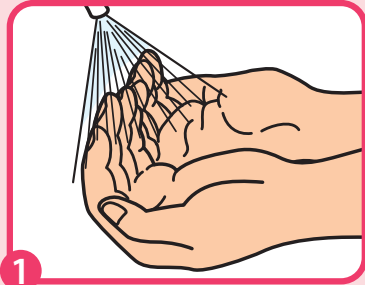


手指の正しい消毒手順

正确的手消毒顺序

Effective Handrub Procedure

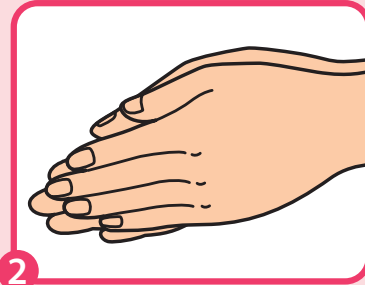


1

噴射する速乾性手指消毒剤を指を曲げながら適量手に受ける

喷洒适量速干手消毒液，承接时弯曲手指

Make your fingers curved and catch the sprayed hand disinfectant.

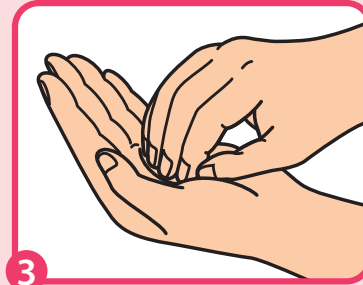


2

手の平と手の平を擦り合わせる

两手相互揉搓

Rub the hands palm to palm.



3

指先、指の背をもう片方の手の平で擦る(両手)

揉搓手指

Rub the fingertips and their back of right hand with the left hand's palm, and vice-versa.

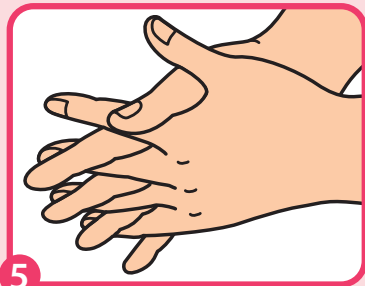


4

手の甲をもう片方の手の平で擦る(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.

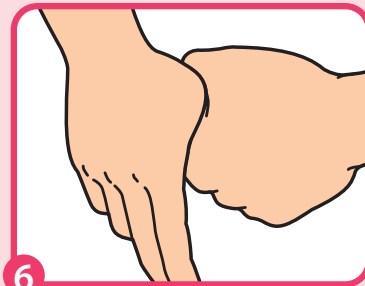


5

指を組んで両手の指の間を擦る

手指交叉揉搓

Rub between the fingers by interlocking the fingers.

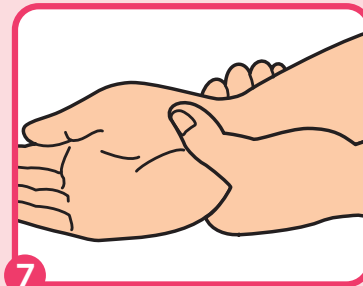


6

親指をもう片方の手で包みねじり擦る(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

両手首までていねいに擦る

揉搓手肘

Rub both wrists.



8

乾くまで擦り込む

揉搓至干燥

Rub until dry.