



正確洗手五部曲

5 Steps For Proper Hand Washing

1 用水弄濕雙手
WET hands with water

2 加入規液，揉搓雙手最少20秒
Apply soap, RUB for at least 20 seconds

勿忘 Don't miss

- 手掌 Palms
- 手背 Back of hands
- 指縫 Between fingers
- 指背 Back of fingers
- 手腕 Wrists
- 指尖 Finger tips
- 拇指 Thumbs



3 用水沖洗乾淨
RINSE with water

4 用抹手紙抹乾雙手
DRY with paper towel



5 再用抹手紙關上水龍頭
Use paper towel to TURN OFF the faucet

