



醫院管理局  
HOSPITAL  
AUTHORITY

# 潔手技巧 搓手20秒

Hand Hygiene Technique Rub hands for 20 seconds



衛生防護中心  
Centre for Health Protection



1

手掌 Palms



2

手背  
Back of hands



3

指隙  
Between fingers



4

指背  
Back of fingers



5

拇指 Thumbs



7

手腕 Wrists



6

指尖 Finger tips



衛生署  
Department of Health