



手洗いマニュアル

洗手指引 How to wash your hands properly



流水で軽くもみ洗いする
用水流轻柔搓洗
Wet your hands under running water.



石けん液を手取る
取洗手液於手上
Apply liquid soap on your hands.



手のひらを洗う
搓洗手心
Rub your hands to scrub the palms of your hands.



手の甲を洗う
搓洗手背
Scrub the backs of your hands.



指の間を洗う
搓洗指縫
Scrub between your fingers.



指先を洗う
搓洗指尖
Scrub your fingertips.



親指を洗う
搓洗大拇指
Scrub your thumbs.



手首を洗う
搓洗手腕
Scrub your wrists.



流水でよくすすぐ
以水流冲洗乾淨
Rinse well under running water.



水分をふきとる
用紙巾將手仔細擦乾
Dry your hands well with a clean disposable towel.