

洗手可以挽救生命！減少有害病毒和細菌的傳播

Handwashing Saves Lives!

Decrease the Spread of Harmful Viruses and Bacteria



1)

用水濕手

Wet hands with water



2)

用肥皂

Use soap

3)



揉搓手掌

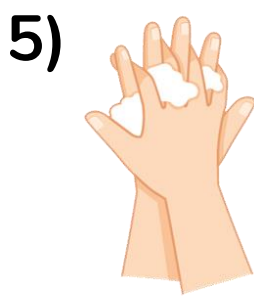
Rub your palms



4)

手指交叉搓洗

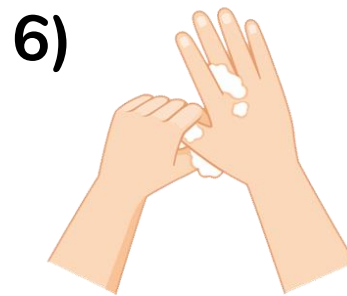
Rub palm to palm
fingers interlaced



5)

搓洗手背

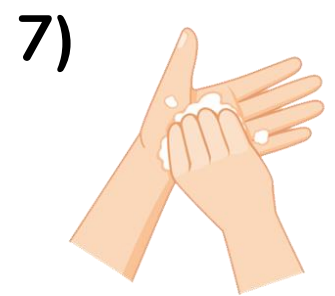
Rub back
of hands



6)

搓洗拇指

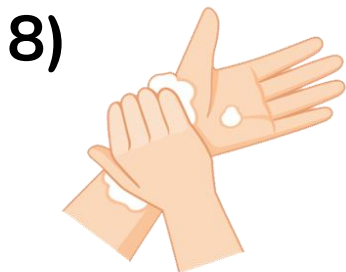
Rub base
of thumbs



7)

搓洗指甲

Scrub fingernails



8)

搓洗手腕

Rub around wrists



9)

用水沖洗乾淨

Rinse with water



10)

用毛巾徹底擦乾雙手

Dry hands thoroughly
with towel

洗手20秒！利用紙巾包住門把手打開洗手間的門

Wash your hands for 20 seconds! Grab the door handle with a paper towel to open the restroom door.



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