



洗手秘訣懶人包

長攝製圖



7 Steps to Proper Hand-Washing

@LinCY.TheThinker | f @ttmhhlmsc

用什麼洗



肥皂就很棒



各種清潔液



75%酒精

該怎麼洗



1. 內：搓揉手掌



2. 外：搓洗手背



3. 夾：清洗指縫



4. 弓：搓洗指節



5. 大：洗大拇指



6. 立：清洗指尖



7. 腕：搓揉手腕



擦乾吹乾別亂摸

洗手清潔做得好，全面防疫沒煩惱

WHAT TO USE



SOAP



HAND
SANITIZERS



75%

ALCOHOL

HOW TO WASH



1. RUB PALMS
TOGETHER



2. RUB THE BACK
of BOTH HANDS



3. INTERLACE
FINGERS AND RUB
HANDS TOGETHER



4. INTERLOCK
FINGERS AND RUB THE
BACK OF BOTH HANDS



5. RUB THUMBS
IN A ROTATING MANNER
FOR BOTH HANDS



6. RUB FINGERTIPS
ON PALM FOR BOTH
HANDS



7. RUB BOTH
WRIST IN A
ROTATING MANNER



YOUR HANDS ARE
NOW CLEAN :)

CLEAN HANDS KEEP YOU HEALTHY,

LIFE IS BETTER WITH CLEAN HANDS.