

手指消毒手順

手部消毒流程 Handrub procedure

消毒時間の目安

消毒时间约为 Duration of the procedure

20~30秒 [最低15秒以上]

20-30 秒 [至少 15 秒] **20-30 seconds** (At least 15 seconds)



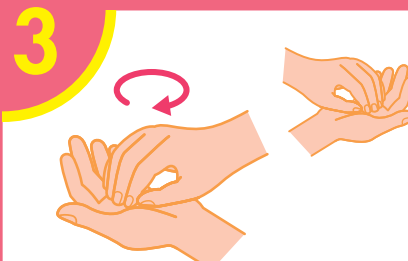
1 速乾性手指消毒剤を適量
手の平に受け取る

将适量的快干手部消毒剂置于掌心
Catch the appropriate amount of
hand disinfectant in your palms.



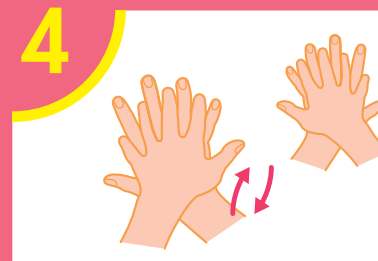
2 手の平と手の平を
擦り合わせる

将双手掌心相对并摩擦
Rub the hands palm to palm.



3 指先をもう片方の
手の平で擦る(両手)

用另一只手的掌心摩擦指尖(双手)
Rub the fingertips with the left
hand's palm, and vice-versa.



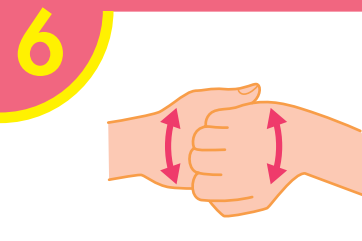
4 手の甲をもう片方の
手の平で擦る(両手)

用另一只手的掌心摩擦手背(双手)
Rub the back of the right hand moving
the left hand's palm back and forth,
and vice-versa.



5 指を組んで両手の
指の間を擦る(組替える)

双手十指交互交错摩擦指缝
Rub between the fingers by interlocking
the fingers with the left thumb base over
the right, and vice-versa.



6 指の背を反対の手の平で包む
ように指を組んだ状態で擦る

手指相扣,使指背包裹在另
一只手掌中,交错揉搓
Rub backs of fingers to opposing
palms with fingers interlocked.



7 親指をもう片方の手で
包みねじり擦る(両手)

用另一只手包住大拇指并扭转摩擦(双手)
Rub the thumb of the right hand by
rotating in the clasped palm of the left
hand and vice-versa.



8 乾くまでなじませる

搓匀直到干燥为止
Rub until dry.