

# 手指消毒手順

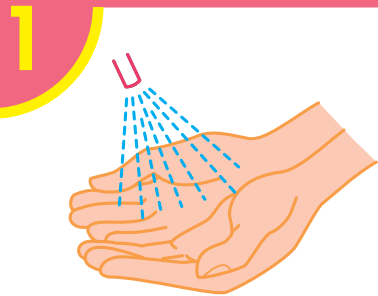
Handrub procedure

消毒時間の目安

Duration of the procedure

20~30秒 [最低15秒以上]

20-30 seconds (At least 15 seconds)



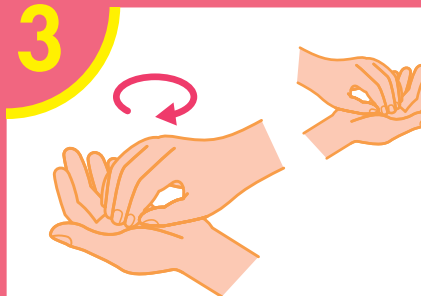
速乾性手指消毒剤を適量  
手の平に受け取る

Catch the appropriate amount of  
hand disinfectant in your palms.



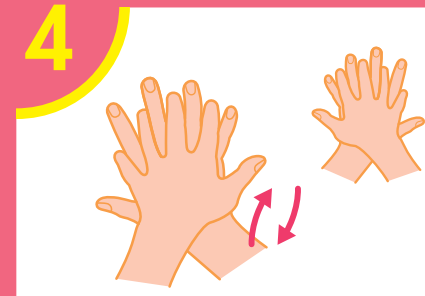
手の平と手の平を  
擦り合わせる

Rub the hands palm to palm.



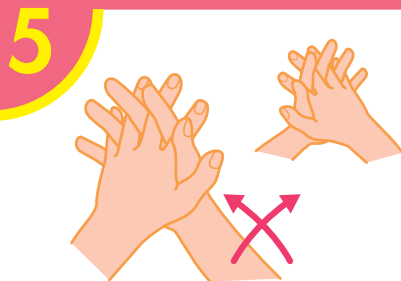
指先をもう片方の  
手の平で擦る(両手)

Rub the fingertips with the left  
hand's palm, and vice-versa.



手の甲をもう片方の  
手の平で擦る(両手)

Rub the back of the right hand  
moving the left hand's palm back  
and forth, and vice-versa.



指を組んで両手の  
指の間を擦る(組替える)

Rub between the fingers by interlock-  
ing the fingers with the left thumb  
base over the right, and vice-versa.



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

Rub backs of fingers to opposing  
palms with fingers interlocked.



親指をもう片方の手で  
包みねじり擦る(両手)

Rub the thumb of the right hand by  
rotating in the clasped palm of the  
left hand and vice-versa.



乾くまでなじませる

Rub until dry.