

# 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劑置于掌心  
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.

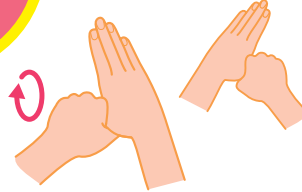
**6**



**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.