

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)



1



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.

2



手の平と手の平を
擦り合わせる

Rub the hands palm to palm.

3



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.

4



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.

5



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.

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

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)

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

Rub until dry.