

# 手洗い手順

洗手流程 Handwash procedure

## 手洗い時間の目安

整个洗手过程大约需要 Duration of the entire procedure

全工程で **40~60秒**

40-60秒 40-60 seconds



1 手指を流水でぬらす

首先冲湿双手

Wet hands with running water.



2 石けん液を適量  
手の平に受け取る

取足够的泡沫洗手液  
覆盖整个手部表面

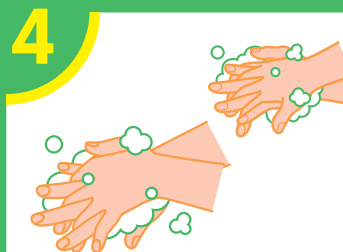
Apply enough hand soap foam to cover all hand surfaces.



3 手の平と手の平を擦り  
合わせよく泡立てる

揉搓至起泡

Rub hands palm to palm and make good foam.



4 手の甲をもう片方の  
手の平で洗う(両手)

揉搓手背

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  
間を洗う(組替える)

手指交叉揉搓

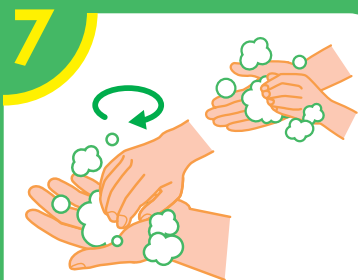
Rub between the fingers by interlocking the fingers with the left thumb base over the right, and vice-versa.



6 親指をもう片方の手で  
包み洗う(両手)

揉搓拇指

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



7 指先をもう片方の  
手の平で洗う(両手)

手指在掌心揉搓

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



8 両手首まで  
ていねいに洗う

揉搓手肘

Rub the wrists.



9 流水でよくすすぐ

用流水冲洗干净

Rinse hands and wrists thoroughly with running water.