

# 洗手步驟七字訣

內



掌對掌搓洗

外



右手掌對左手背  
手指交叉搓洗  
反之亦然

夾



掌對掌，  
手指交叉搓洗

弓



指背對掌面  
雙手交扣搓洗

大



右手掌包覆左手指  
旋轉式搓洗  
反之亦然

立



左手掌包住右手指  
前後旋轉式搓洗  
反之亦然

完



乾洗手20-30秒  
濕洗手40-60秒

## Wash Hands Correctly Keep Disease Away



1 apply enough soap to cover all hand surfaces.



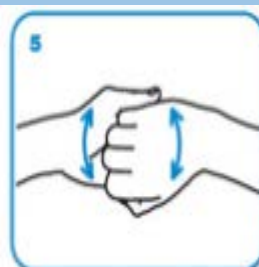
2 Rub hands palm to palm



3 right palm over left dorsum with interlaced fingers and vice versa



4 palm to palm with fingers interlaced



5 backs of fingers to opposing palms with fingers interlocked



6 rotational rubbing of left thumb clasped in right palm and vice versa



7 rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8 Rinse hands with water