

Proper Hand Washing Technique

正确洗手方法

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Duration: Wash your hands for at least 30 seconds with soap and water.

时长：使用抗菌洗手液和水洗手至少30秒。



1

Wet your hands and apply soap. Rub hands palm to palm.

用流水冲手，取抗菌洗手液放在手里，搓洗手心。



2

Right palm over left dorsum with interlocking fingers, and vice versa.

掌心对手背手指交错相互搓揉，然后两手交替。



3

Palm to palm with fingers interlaced.

双手掌心对掌心，手指交叉，相互搓揉。



4

Backs of fingers to opposing palms with fingers interlocked.

搓揉指背，然后两手交替。



9

Dry your hands using a clean towel.

并擦干双手。



8

Rinse your hands well under clean, running water.

仔细冲洗干净。



7

Rub the ends of your wrist.

清洗双手手腕。



6

Rotational rubbing of your fingernails in each palm.

在左右手心里，划圈状搓洗指尖。



5

Rotational rubbing of left thumb clasped in right palm and vice versa.

拇指在另一手掌中转动搓揉，然后两手交替。