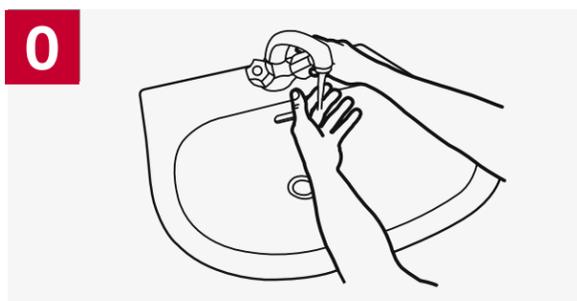


UNITE**HERE!**

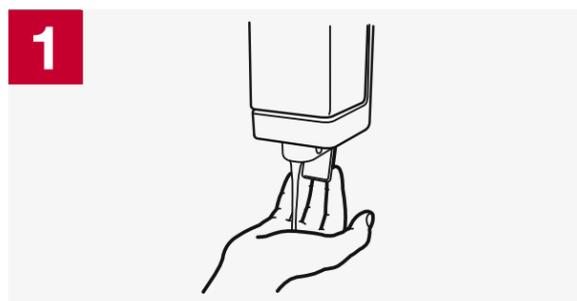
# 如何洗手？

如果没有肥皂和水，请使用60%的酒精消毒剂<sup>1</sup>

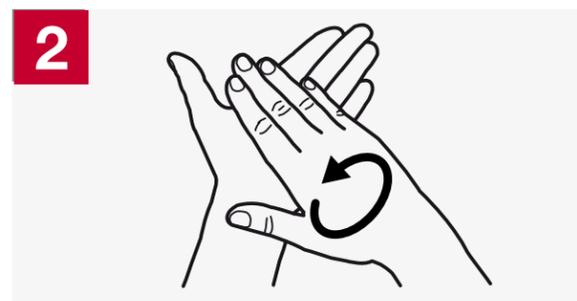
 整个过程持续时间: **40-60秒**



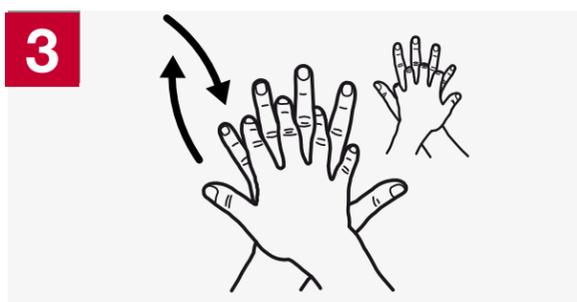
用水将手淋湿;



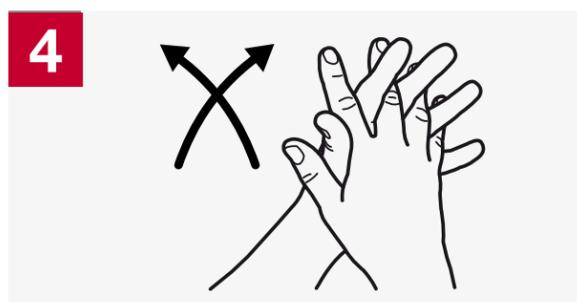
取足够皂液以涂满整个手部;



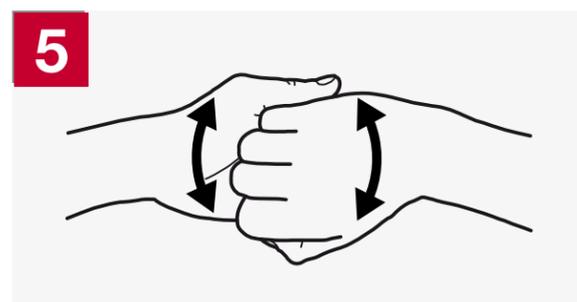
双手掌心搓摩;



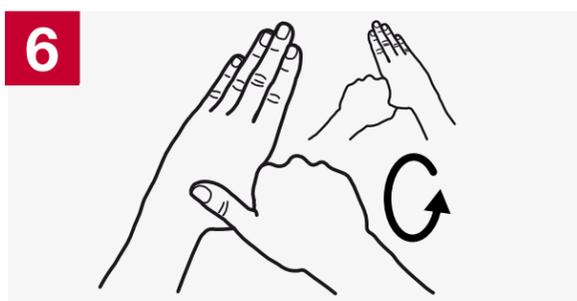
右掌心复盖左手背，十指交叉，反之亦然;



双手掌心相对，十指交叉;



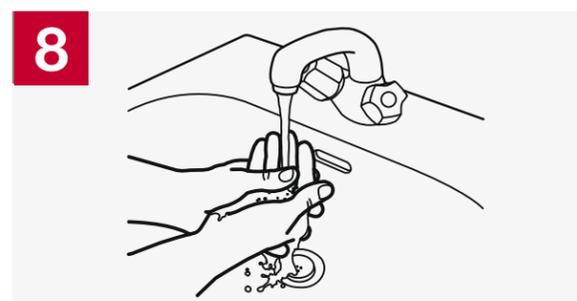
指背迭于另一手掌心，十指相扣;



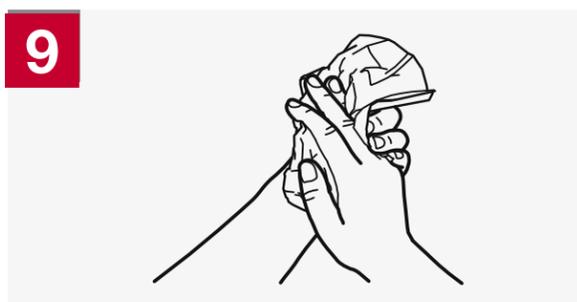
右手握左手大拇指，旋转搓摩，反之亦然;



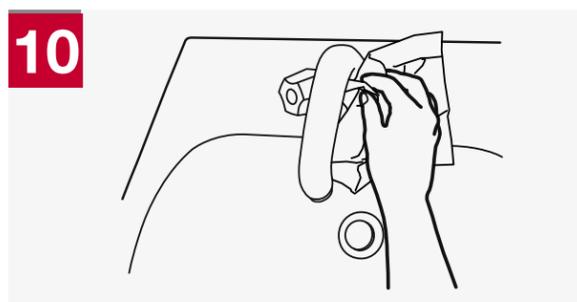
右手五指并拢贴于左掌心，正反方向旋转搓摩，反之亦然;



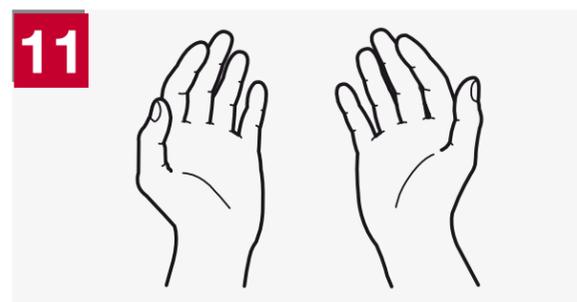
用水清洗双手;



用一次性毛巾擦干;



使用毛巾垫着关掉水龙头;



双手现在是安全的。

**Patient Safety**

A WORLD ALLIANCE FOR SAFER HEALTH CARE

**SAVE LIVES**

Clean Your Hands

1. CDC. Coronavirus COVID-19. Prevention-Treatment. <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Sources: World Health Organization; U.S. Centers for Disease Control.