

Preventing Infection with Hand-Washing

Hand sanitizer



Use hand sanitizer with alcohol if you can't wash your hands with running water.

画像出典：厚生労働省 (<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/keihatu.htm>)

How to sanitize your hands and fingers:

出典：「日本環境感染学会教育ツールVer.3.1より引用」



1 Spray about 3ml of hand sanitizer into your hands (1 pump is enough).

2 First, rub the sanitizer into the tips of your fingers.

3 Then rub the palms of your hands together.

4 Rub the sanitizer on the backs of your hands, too.

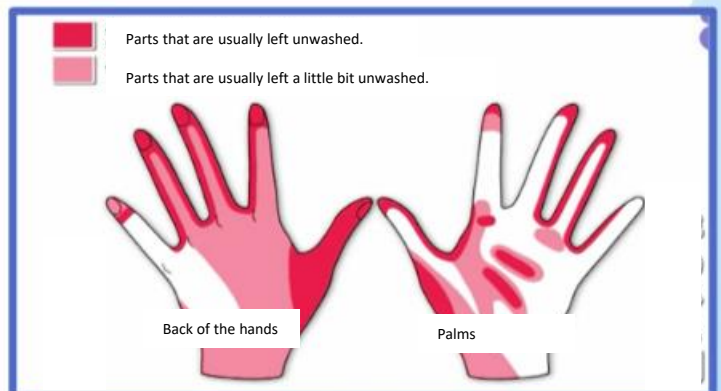
5 Then, rub it between your fingers.

6 Rub it on your thumbs, as well.

7 Don't forget to rub it on your wrists, too, until it dries.

The point is to sanitize from your fingertips.

You should especially wash your hands **before eating, before cooking, and after using the bathroom!**



画像出典：政府インターネットTV (<http://nettv.gov-online.go.jp/prg/prg7362.html?t=46&a=1>)