

勤洗手保健康 · 正確五步驟

濕

把手弄濕
Wet hands with water



搓

抹上肥皂，手心、手背、指間及指縫搓揉二十秒
Rub hands with soap for at least 20 seconds

沖

把手上的肥皂泡沫沖洗乾淨
Rinse hands thoroughly with water



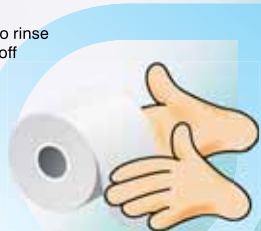
捧

用水把水龍頭沖乾淨並記得關水龍頭
Cup hands and use water to rinse faucet and then turn water off



擦

把手擦乾或烘乾
Wipe or dry hands with clean tissue



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