

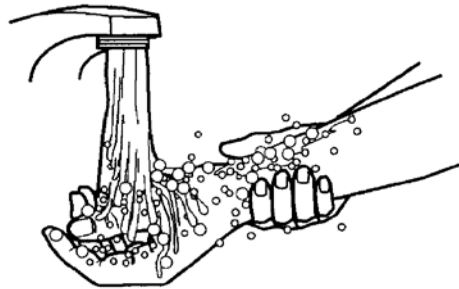
Hand Washing

One of the best things you can do to protect yourself and others from illness is careful and frequent hand washing. Your caregivers and visitors also need to wash their hands often. Ask everyone if they have washed their hands before they touch you or things that may be used in your care.

Hand washing also needs to occur at home where care is done by the patient or family member. Hand washing **must always** be the first and last step of care and is needed even if gloves are worn.

How to wash your hands

1. Turn on the water to warm. Adjust the flow so the water does not splash.



2. Wet your hands.

3. Rub soap over your wet hands.



4. Lather the palms, the back of your hands and wrists. Rub your hands together on all sides, between your fingers and around your nails for at least 20 seconds.

5. You can use a nailbrush or an old toothbrush to clean under and around your nails.

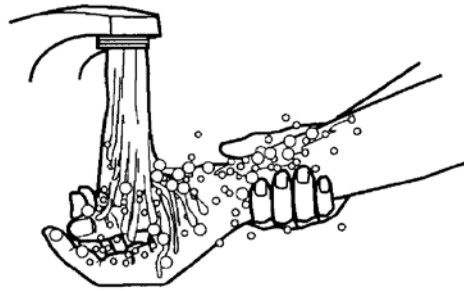
手洗い

病気を予防したり、他人にうつさないための最良の手立てのひとつは、まめによく手を洗うことです。介護者や面会者もこまめに手を洗う必要があります。他の人が貴方の体や介護用品に触れる前に、手を洗ったかどうかを確認してください。

手洗いは、自宅で患者自身や家族が病気やケガのケアを行う場合でも必要です。ケアの前後に手袋を使用していても**必ず**手洗いをしてください。

手の洗い方

1. 温水を使用します。水量は、はねない程度に調整してください。



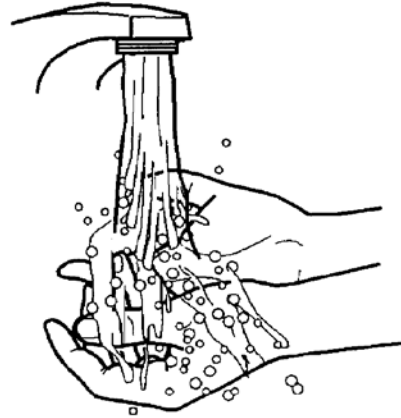
2. 手を濡らします。

3. 濡れた手に石けんを擦りつけます。

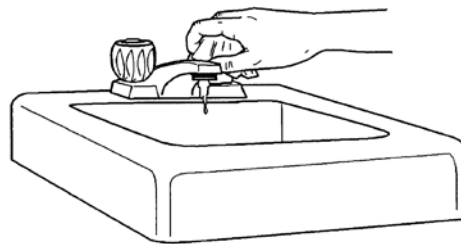


4. 手のひらと甲、手首に泡を立てます。両手を全体的に擦り合わせ、指の間や爪のまわりも含めて 20 秒以上洗います。
5. 爪のまわりや中を洗うには、ネイルブラシや歯ブラシが役立ちます。

6. Rinse your hands well with warm water, **leaving the water running.**



7. Use a paper towel or clean towel in your hand to turn off the water. This keeps your hand clean when you touch the faucet handle, which is not clean.



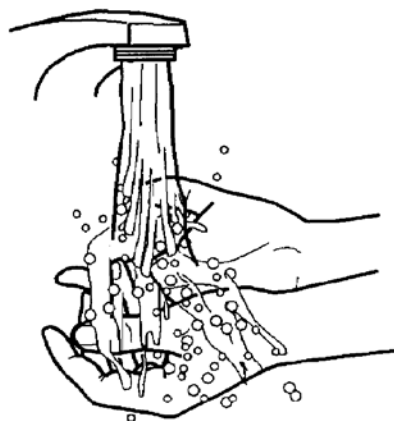
8. Dry your hands.



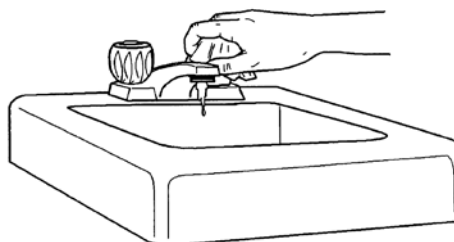
Hand Sanitizer

Hand sanitizer is an alcohol-based cleanser. It can be used instead of soap and water if your hands do not look dirty or soiled. To clean your hands, put enough liquid on your hands to moisten the front and back of your hands and your fingers. Rub the liquid briskly like you are washing your hands. Be sure to moisten between your fingers. Rub your hands until they are dry.

6. 温水を流したままで、手を良くすすぎます。



7. 蛇口を閉めるときは、ペーパータオルや清潔なタオルを使います。こうすることにより、洗った手で汚れた蛇口の取っ手を触らずに済みます。



8. 手を乾かします。



ハンドサニタイザー

ハンドサニタイザーはアルコール成分配合のクレンザーです。手の汚れが目立たない場合、石けんと水で洗う代わりに使用するものです。手をきれいにするには、手に液体を十分にとって手と指の表と裏を湿らせます。手を洗うときのように、ささっと手を擦ります。指の間も湿らせてください。両手が乾くまで擦り合せてください。

2005 – 1/2011 Health Information Translations

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Hand Washing. Japanese.