

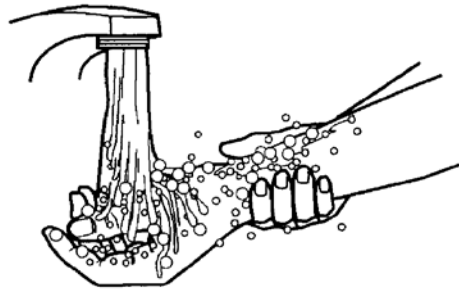
# Hand Washing

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.

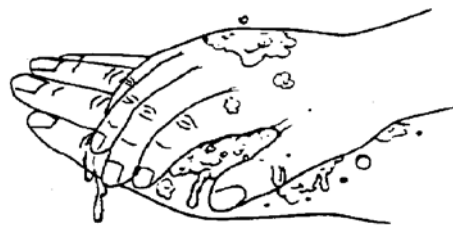
## How to wash your hands

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.

# 손 씻기

질병으로부터 자신과 남을 보호하는 최선의 방법 중 하나가 손을 자주 그리고 잘 씻는 것입니다. 환자를 돌보는 사람과 방문객들도 손을 자주 씻을 필요가 있습니다. 환자와 접촉하기 전에 또는 환자를 돌보는데 사용하는 물건을 남이 만지기 전에 먼저 손을 씻었는지 물어보십시오.

집에서 가족들이 환자를 돌볼 때도 마찬가지로 손을 씻어야 합니다. 손 씻기는 환자를 돌볼 때 제일 먼저 그리고 제일 나중에 **반드시 해야 하며** 장갑을 끼었을 때도 마찬가지입니다.

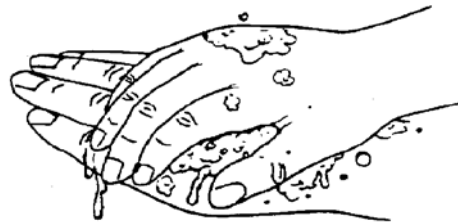
## 손 씻는 방법:

1. 물을 틀어 따뜻하게 한다. 물의 양을 조절하여 물이 튀지 않도록 한다.



2. 두 손을 적신다.

3. 젖은 손을 비누로 문지른다.

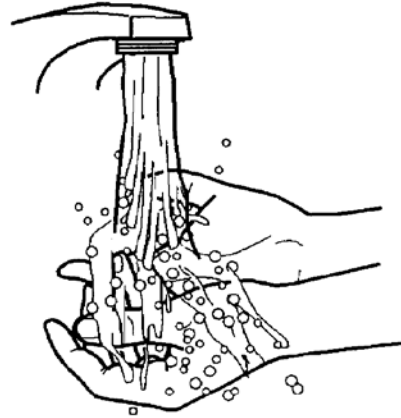


4. 손바닥과 손 등 그리고 손목에 비누 거품을 낸다. 손가락 사이와 손톱 주위 등 최소한 20초 동안 양손을 골고루 문지른다.

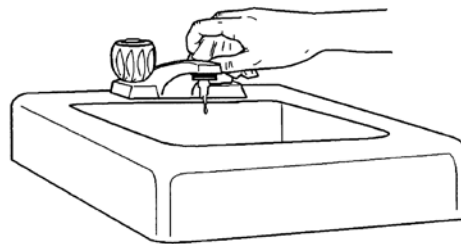
5. 손톱 브러시나 안 쓰는 칫솔로 손톱 밑이나 주위를 닦아도 좋다.

Hand Washing. Korean.

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.



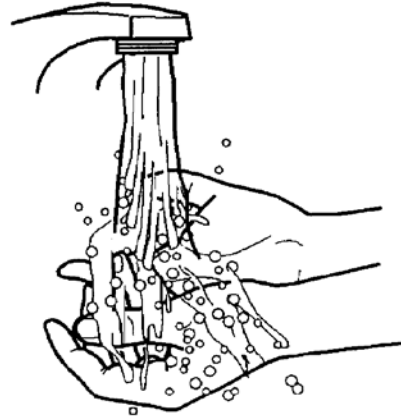
8. Dry your hands.



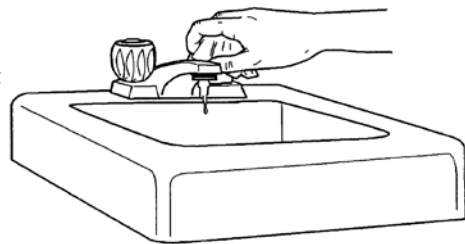
## **Hand Sanitizer**

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. 물을 틀어 놓은 채, 따뜻한 물로 손을 잘 행군다.



7. 종이 타월이나 깨끗한 수건으로 손을 싸고 물을 잠근다. 이렇게 해야 깨끗이 씻은 손이 깨끗지 않은 수도꼭지에 닿는 것을 방지할 수 있다.



8. 손을 말린다.



## 손 살균제

손 살균제는 알코올이 포함된 세정제입니다. 손이 그다지 더럽지 않거나 뭐가 묻지 않았을 때 비누와 물 대신에 사용하면 편리합니다. 손을 씻으려면 액을 손에 충분히 묻힌 다음 손과 손가락의 앞 뒤를 적십니다. 마치 물로 손을 씻듯이 액을 손에 묻힙니다. 반드시 손가락 사이도 묻힙니다. 액이 건조해질 때까지 문지르십시오.

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