

洗手

Hand Washing

Handwashing is one of the best ways to protect yourself and your family from getting sick.

When you are in the hospital or being cared for by others, 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

- Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. You can use a nail brush or old tooth brush to get under and around your nails.
- **Scrub your hands for at least 20 seconds.**
- Rinse your hands well under clean, running water.
- 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.
- Dry your hands using a clean towel or air dry them.

洗手是保护自己和家人不生病的最佳方法之一。

当您住院或由他人照料时，您的看护者和访客也需要经常洗手。在有人触碰您或护理您的过程中需要使用某些物品时，请询问其是否已经洗手。

居家护理时，患者或家人也需要洗手。洗手必须始终是护理的第一步和最后一步，即使护理时需要戴手套，也必须在穿戴前后洗手。

如何洗手

- 用干净的流水（温水或冷水）弄湿双手，关闭水龙头，然后涂抹肥皂。
- 用肥皂擦手，然后双手涂满皂沫。给手背、手指间以及指甲下涂上皂沫。您可以使用指甲刷或旧牙刷清洗指甲下方或周围。
- **擦洗双手至少 20 秒钟。**
- 在干净的流水下彻底冲洗双手。
- 关闭水源时，手中拿着纸巾或干净的毛巾。如果您曾触摸不干净的水龙头手柄，这样做可以保持手部清洁。
- 用干净的毛巾擦干双手或风干。

洗手步骤 Hand Washing Steps



打湿双手，关闭水龙头并抹肥皂。

Wet hands, turn off water and add soap.



涂抹肥皂至起泡，搓洗至少20秒。

Lather soap and scrub hands for at least 20 seconds.



冲洗。
Rinse.



擦干。
Dry.



用毛巾关上水龙头。
Turn off faucet with towel.

Key Times to Wash Your Hands

- After blowing your nose, coughing, or sneezing
- Before, during and after preparing food
- Before eating
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage
- If your hands are visibly dirty or greasy

Remember that hands that look clean can still have germs on them.

洗手的关键时间

- 擤鼻涕、咳嗽或打喷嚏后
- 准备食物之前、之中和之后
- 饮食前
- 居家护理病人前后
- 治疗伤口前后
- 如厕后
- 更换尿布或清理使用过马桶的孩子后
- 接触动物、动物饲料或动物废物后
- 处理宠物食品或宠物零食后
- 触碰垃圾后
- 如果您的手明显变脏或油腻

请记住，看起来干净的手仍然会沾上细菌。

Hand Sanitizer

Washing hands with soap and water is the best way to remove all types of germs and chemicals. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

To clean your hands, put enough liquid on your hands to wet the front and back of your hands and your fingers. Rub the liquid briskly like you are washing your hands. Be sure to get between your fingers. Rub your hands until they are dry.

消毒洗手液

用肥皂和水洗手，是去除各种细菌和化学物质的最佳方法。如果无法获得肥皂和水，请使用酒精含量至少为 60% 的酒精洗手液。

清洁手部时，请在双手涂满足够的洗手液，打湿整个手掌、手背和手指。像洗手一样快速擦拭洗手液。确保手指间也弄湿。搓手直至风干。