

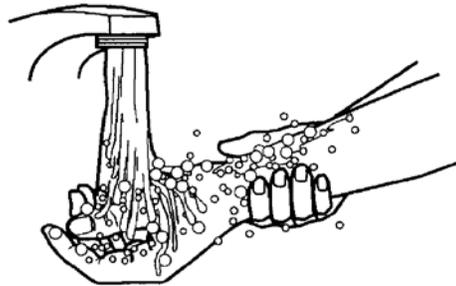
Hand Washing

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.

洗手

为保护自己和他人免患疾病, 您可做的最好的一件事就是经常仔细地洗手。您的医疗护理人员和访客也应常洗手。在每个人触碰您或触碰在护理您时可能要用到的东西之前, 请问他们是否洗了手。

患者自行护理或家人进行护理时, 在家中也需洗手。洗手**必须总是**护理的第一和最后一个步骤, 即使戴手套也应如此。

如何洗手

1. 将水开在温热档。调整水流以避免水花四溅。



2. 把手打湿。

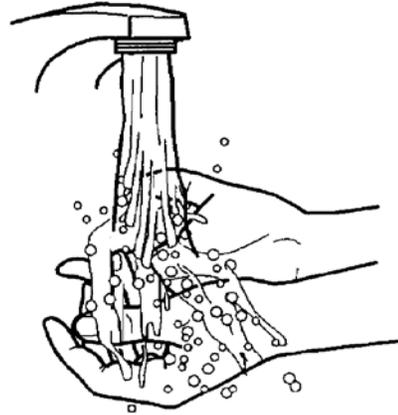
3. 将肥皂抹在湿手上。



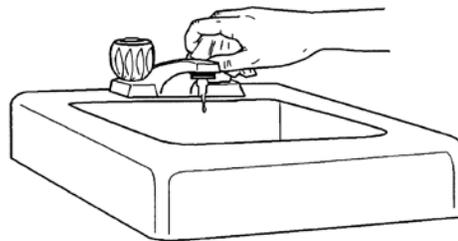
4. 搓洗手掌、手背和手腕。将双手各处、手指间和指甲周围都搓到, 至少 20 秒钟。

5. 您可用一把指甲刷或旧牙刷清洁指甲里面和指甲周围。

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.



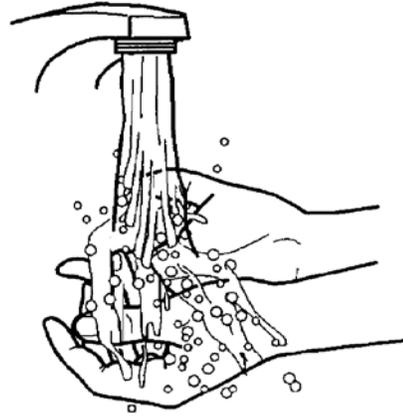
8. Dry your hands.



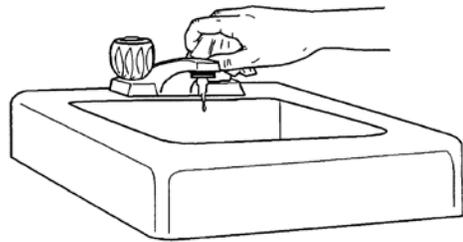
Hand Sanitizer

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. 用温水冲洗双手，让水流淌。



7. 用手中的擦手纸或干净手巾将水关掉。这使您干净的手不再触碰不干净的水龙头柄。



8. 擦干双手。



洁手液

洁手液是酒精基清洁剂。如果您的手看起来不脏或不污黑，您可用洁手液而不用肥皂和水。若要清洁双手，请将充足的洁手液体倒在手心里，弄湿您的手掌手背及手指。要象洗手一样用力搓清洁液。一定要将手指间也弄湿。搓到手干为止。

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Hand Washing. Simplified Chinese.