

# 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.

洗手是保護自己和家人不生病的最佳方法之一。

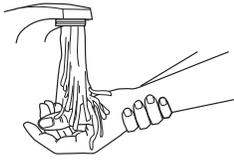
當您住院或由他人護理時，您的看護者和訪客也需要經常洗手。任何人接觸您的肢體或護理中所使用的物品之前，要問對方是否已洗手。

此外，如患者或家人在家中進行自行護理，也要洗手。護理的第一步和最後一步都必須是洗手。即使戴手套，也要洗手。

### 如何洗手

- 用乾淨的流水（溫水或冷水）弄濕雙手，關閉水龍頭，然後塗抹肥皂。
- 用肥皂擦手，然後雙手塗滿皂沫。手背、手指間以及指甲下塗上皂沫。可使用指甲刷或舊牙刷清洗指甲下方或周圍部位。
- **搓洗双手至少 20 秒。**
- 在乾淨的流水下徹底沖洗雙手。
- 關水龍頭時，手上墊一塊紙巾或乾淨的毛巾。水龍頭的把手不乾淨，這麼做可防止水龍頭把已洗乾淨的手弄髒。
- 用乾淨的毛巾擦乾或風乾雙手。

## 洗手步驟 Hand Washing Steps



打濕雙手，關閉水龍頭並抹肥皂。

Wet hands, turn off water and add soap.



抹肥皂至起泡沫，搓洗雙手至少20秒。

Lather soap and scrub hands for at least 20 seconds.



沖洗雙手。  
Rinse.



擦乾雙手。  
Dry.



用毛巾關上水龍頭。  
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.

### 洗手的關鍵時間

- 擤鼻涕、咳嗽或打噴嚏後
- 準備食物前、中和後
- 飲食前
- 居家護理病人前後
- 治療傷口前後
- 如廁後
- 更換尿布或清理使用過馬桶的孩子後
- 接觸動物、動物飼料或動物糞便後
- 處理寵物食品或寵物零食後
- 觸碰垃圾後
- 雙手明顯變髒或油膩

牢記看起來乾淨的手仍然會沾上細菌。

## 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.

## 免水洗手液

用肥皂和清水洗手是去除各種細菌和化學物質的最佳方法。如果沒有肥皂和清水，請使用乙醇含量至少為 60% 的酒精類洗手液。

清潔手部時，請在雙手塗滿充足的洗手液以弄濕手掌、手背和手指。像洗手一樣，雙手快速互搓。確保手指間也搓洗到位。搓手至手乾為止。