

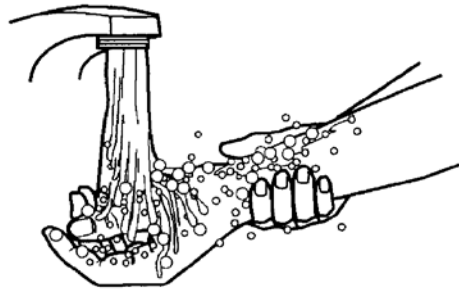
Hand Washing

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.

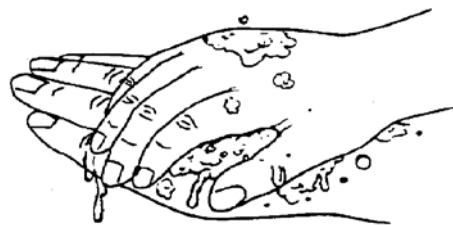
How to wash your hands

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

仔細並經常洗手是保護自己和他人健康、防止疾病的最佳措施之一。看護人和探視者也需要經常洗手。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。

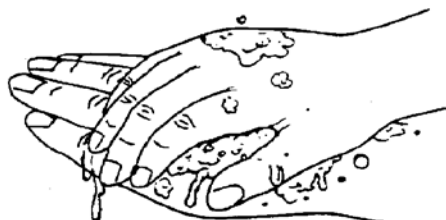
如何洗手

1. 打開水龍頭放熱水。調節水流量，避免水濺出來。



2. 打濕雙手。

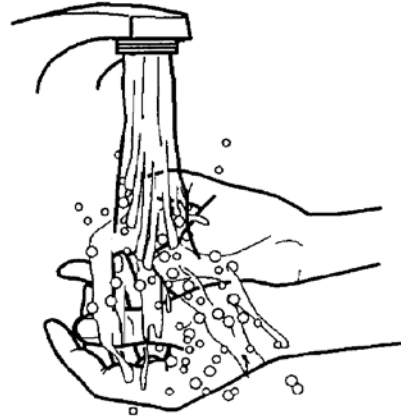
3. 在濕手上抹肥皂。



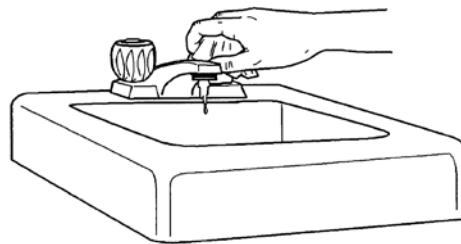
4. 掌心、手背和手腕都要抹肥皂至起泡沫。雙手互搓，各面都要搓到，包括手心、手背、手指間和指甲四周，並且至少搓洗20秒鐘。

5. 可使用指甲刷或舊牙刷來清理指甲內和指甲四周。

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.



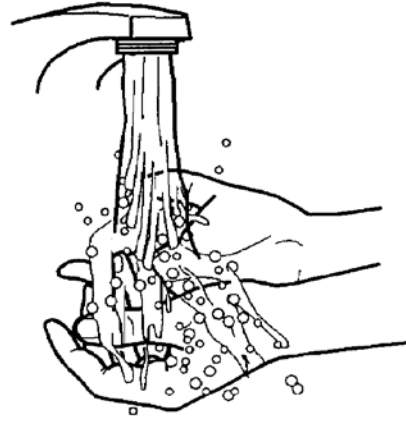
8. Dry your hands.



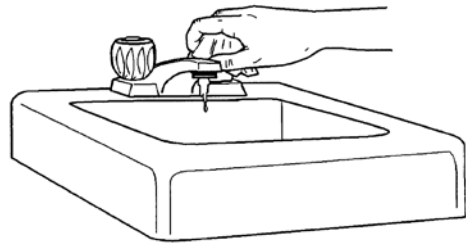
Hand Sanitizer

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. 用溫水沖洗雙手。沖洗後手不要碰水龍頭。



7. 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。



8. 擦乾雙手。



免水洗手液

免水洗手液是一種基於酒精的清洗劑。在手看起來不髒或沒有污垢時，它可代替肥皂和水來洗手。使用時，將足量免水洗手液倒在手上，潤濕手心手背和手指。像洗手一樣，雙手快速互搓。務必要濕潤手指之間部位。搓手至手乾為止。

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Hand Washing. Traditional Chinese.