

Wash Hands

Frequently

Be Mindful of
These Areas
When Washing
Your Hands

Finger
Tips

Between
Fingers

Palm

Back of
Your Hand

Wrist

When to Wash Hands



Before Meal



Before Physical
Contact with
Patients



After Using
the Toilet



After Blowing nose,
Coughing and
Sneezing



After Seeing
a Doctor

Steps of Hand Washing



Wet
your hands



Apply soap & Rub
your hands for
at least 20 seconds



Wash
your hands
with water
until they are clean



Clean
the faucet
and turn it off



Dry
your hands

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Central Epidemic Command Center Cares About You



www.cdc.gov.tw

Communicable Disease Reporting
and Consultation Hotline: 1922

廣告