

## Prevention of Infection /感染予防について

(Hand-washing is the best way to prevent infection/感染予防の基本は手洗いです。)

When you enter the hospital, use hand-sanitizer gel to disinfect your hands. In addition, when you enter and leave the ward, wash your hands with soap and running water or disinfect them using hand-sanitizer gel.

/病院内に入る際は、手指消毒液をご使用ください。また、病室を出入りする際は、流水と石けんによる手洗いか、手指消毒液を使って手指消毒をお願いいたします。

### How to handrub? WITH ALCOHOL-BASED FORMULATION



Apply a palmful of the product in a cupped hand and cover all surfaces

### How to handwash? WITH SOAP AND WATER



Wet hands with water Apply enough soap to cover all hand surfaces



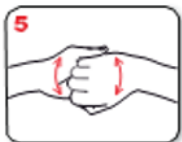
2 Rub hands palm to palm



3 Right palm over left dorsum with interlaced fingers and vice versa



4 Palm to palm with finger interlaced



5 Backs of fingers to opposing palms with fingers interlocked



6 Rotational rubbing of left thumb clasped in right palm and vice versa



7 Rotational rubbing backwards and forwards with clasped of right hand in left palm and vice versa



8 Rinse hands with water



9 Dry thoroughly with a single use towel



10 Use towel to turn off faucet



20-30 sec



... once dry, your hands are safe.



40-60 sec



... and your hands are safe.

Source/出典: WHO Hand Hygiene Technical Reference Manual

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