

洗手 Hand Hygiene

一個既簡單
且有效預防感染的方法
An easy and effective way to
prevent infection



為什麼要洗手? Why perform hand hygiene?

很多傳染病都是透過接觸傳播的。若雙手被病原體污染，尤其是被呼吸道分泌物或糞便弄污後，便很容易把疾病如痢疾、霍亂、肝炎、流行性感冒、手足口病等傳播。保持手部衛生是預防傳染病的首要條件。用梘液及清水或酒精搓手液，均可達致手部衛生。

Many infectious diseases can be transmitted through contact. If hands are contaminated with pathogens, especially when they are soiled with respiratory discharge or faecal matters, diseases include dysentery, cholera, hepatitis, influenza, and hand, foot and mouth disease can be spread easily. Observance of hand hygiene is the prerequisite of the prevention of the spread of communicable diseases. Using liquid soap and water or alcohol-based handrub can achieve hand hygiene.

誰要洗手? Who should perform hand hygiene?

洗手是個人日常生活的一部分。你除要經常洗手外，亦應時常提醒你的家人或身邊的人洗手。

Hand hygiene should be part of everyone's daily routines. You should always perform and remind your family members or people around to perform hand hygiene as well.

何時應洗手? When to perform hand hygiene?

雖然你是沒可能保持雙手無菌，但有些重要時刻必須洗手，以減低病原體數量和傳播疾病的機會。

請謹記在以下情況 必須洗手：

個人衛生：

1. 接觸眼、鼻及口之前和後
2. 進食或處理食物前
3. 如廁後
4. 當手被呼吸道分泌物污染時，如打噴嚏或咳嗽後

Although it is not possible to keep your bare hands free of pathogens, there are times when it is critical to clean your hands to limit the number and the spread of pathogens.

Always remember to clean your hands in the following situations:

Personal Hygiene:

1. Before and after touching eyes, nose and mouth
2. Before eating or preparing food
3. After using the toilet
4. When hands are contaminated by respiratory secretions, e.g. after coughing or sneezing



何時應洗手? When to perform hand hygiene?

接觸或處理受污染或不潔物件後：

1. 為幼童或病人更換尿片，或處理被污染的物件後
2. 接觸動物、家禽或其糞便後
3. 處理垃圾後
4. 觸摸公共物件，例如電梯扶手、升降機按鈕或門柄後

其他：

1. 探訪醫院、院舍或護理病人之前和後
2. 任何時候當你發覺雙手骯髒

After contacting or handling contaminated or dirty materials:

1. After changing diapers or handling soiled items from children or the sick
2. After touching animals, poultry or their droppings
3. After handling garbage
4. After touching public installations or equipment, such as escalator handrails, elevator control panels or door knobs

Others:

1. Before and after visiting hospitals, residential care homes or caring for the sick
2. Any time you find your hands are dirty



如何潔手？

How to perform hand hygiene ?

當雙手有明顯污垢或被血液、體液沾污、如廁後或更換尿片後，應用梘液及清水潔手。如雙手沒有明顯污垢時，可用含 70-80% 酒精搓手液潔淨雙手。

It is advised to clean hands with liquid soap and water when hands are visibly dirty or visibly soiled with blood and body fluid, after using the toilet or changing the diapers. When hands are not visibly soiled, hand hygiene with 70-80% alcohol-based handrub is also an effective alternative.

正確潔手步驟：

甲) 用梘液和清水潔手：

1. 開水喉弄濕雙手。
2. 加入梘液，用手擦出泡沫。
3. 離開水源，按潔手技巧 7 步驟揉擦雙手（包括手掌、手背、指隙、指背、拇指、指尖及手腕）最少 20 秒，揉擦時切勿沖水。
4. 洗擦後用清水將雙手徹底沖洗乾淨。
5. 用潔淨的毛巾或抹手紙徹底抹乾雙手。
6. 雙手洗乾淨後，不要再直接觸摸水龍頭，例如先用抹手紙包裹著水龍頭，才把水龍頭關上。

注意：

- 切勿與其他人共用毛巾。
- 抹手紙用後應妥為棄置。
- 妥善放置個人毛巾，並應每日至少徹底清洗一次。如能預備多於一條毛巾經常替換，則更為理想。

如何潔手？

How to perform hand hygiene ?

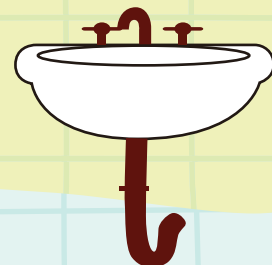
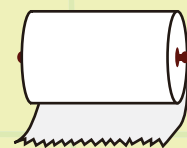
Steps for proper hand hygiene

a) Clean hands with liquid soap and water:

1. Wet hands under running water.
2. Apply liquid soap and rub hands together to make a soapy lather.
3. Away from the running water, rub hands (including palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists) according to the 7 steps of hand hygiene technique for at least 20 seconds. Do not rinse off the soap while rubbing.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly with a clean cotton towel or a paper towel.
6. The cleaned hands should not touch the water tap directly again. For example: using a paper towel to wrap the faucet before turn it off.

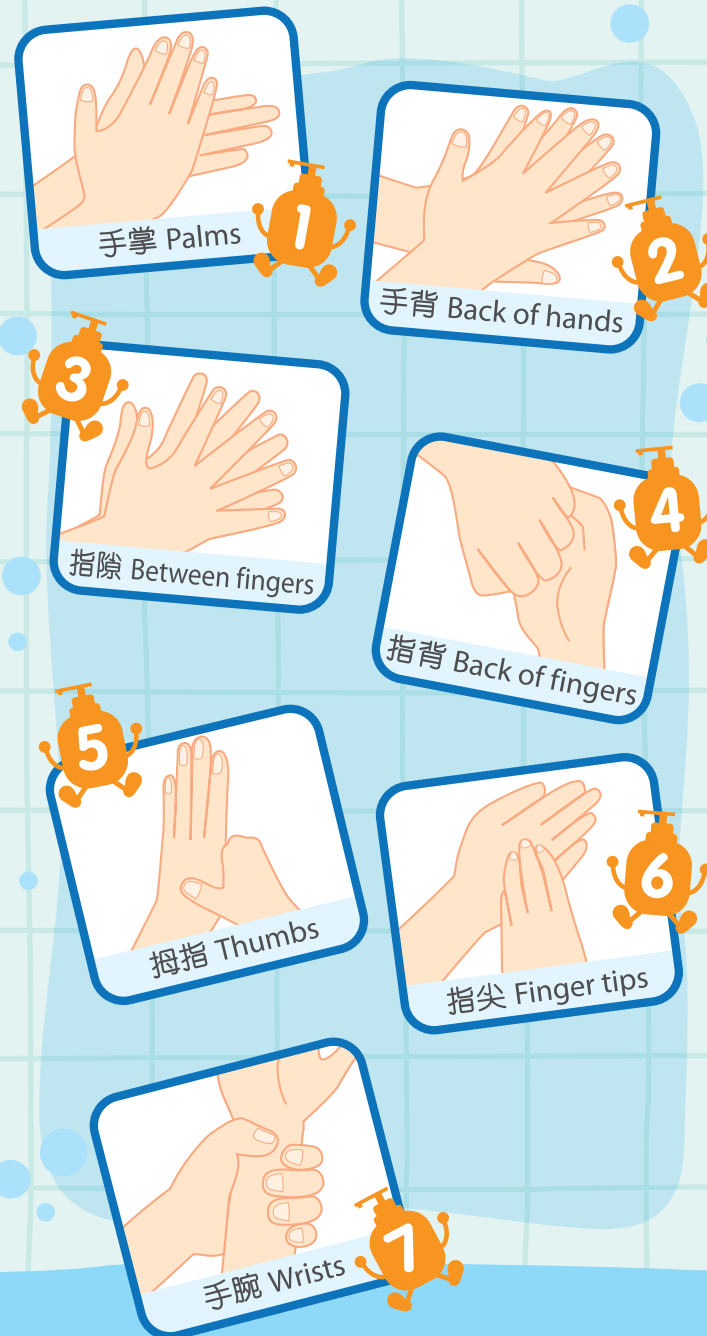
Please note:

- Never share towels with others.
- Dispose of used paper towel properly.
- Store personal towels properly and wash them at least once daily. Preferably, prepare more towels for frequent replacement.



如何潔手？

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乙) 用酒精搓手液潔手：

1. 把足夠份量的酒精搓手液倒於掌心，至覆蓋整雙手。
2. 按潔手技巧 7 步驟揉擦雙手（包括手掌、手背、指隙、指背、拇指、指尖及手腕）。
3. 揉擦至少 20 秒直至雙手乾透。

b) Clean hands with alcohol-based handrub:

1. Apply a palmful of alcohol-based handrub to cover all surfaces of the hands.
2. Rub hands (including palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists) according to the 7 steps of hand hygiene technique.
3. Rub for at least 20 seconds until the hands are dry.

