

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?

洗手是一個簡單的衛生習慣。若能正確地洗手，便是避免感染及傳播傳染病的最佳方法。在日常生活中，你的雙手不停從各種源頭沾染病菌*，例如當與人及動物接觸後、或觸摸受污染的物件表面等。如果在沒有妥善地洗手的情況下而接觸眼睛、鼻子或嘴巴，你便很容易受到這些病菌感染而患病，同時亦會因接觸別人或觸摸物件表面，而將病菌傳播。

Hand hygiene is a simple habit for sanitation. Yet hand hygiene when done properly is the best way to prevent infections from spreading. Throughout the day you accumulate germs* on your hands from a variety of sources, such as direct contact with people and animals, or contaminated surfaces. If you do not perform hand hygiene properly, you can infect yourself with these germs by touching your eyes, nose or mouth. You can also spread these germs through contacting with others or touching other surfaces.

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.

* 病菌包括細菌、病毒或其他微生物
Germs include bacteria, viruses and other microbes

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，以減低病菌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. 接觸眼睛、鼻子及嘴巴前
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 germ-free, there are times when it is critical to clean your hands to limit the number and the spread of germs.

Always remember to clean your hands in the following situations:

Personal Hygiene:

1. Before touching the eyes, nose and mouth
2. Before eating or handling food
3. After using the toilets
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 articles 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 dirty



如何潔手？

How to perform hand hygiene ?

當雙手有明顯污垢或可能被血液、體液污染時，你應用梘液和清水潔手。當雙手沒有明顯污垢時，用含 70-80% 酒精搓手液潔淨雙手亦為有效方法。

You should clean hands with liquid soap and water when hands are visibly soiled or likely contaminated with blood or body fluid. When hands are not visibly soiled, clean them with 70-80% alcohol-based handrub as an effective alternative.

潔手步驟：

甲) 用梘液和清水潔手：

1. 開水喉沖洗雙手。
2. 加入梘液，用手擦出泡沫。
3. 揉擦時切勿沖水，最少用 20 秒時間揉擦手掌、手背、指隙、指背、拇指、指尖及手腕。
4. 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，或用乾手機將雙手吹乾。
6. 潔淨雙手後，不要再直接觸摸水龍頭。在關上水龍頭前，
 - 可先用抹手紙包裹著水龍頭；或
 - 先潑水將水龍頭沖洗乾淨。

注意：

- 切勿與其他入共用毛巾。
- 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 ?

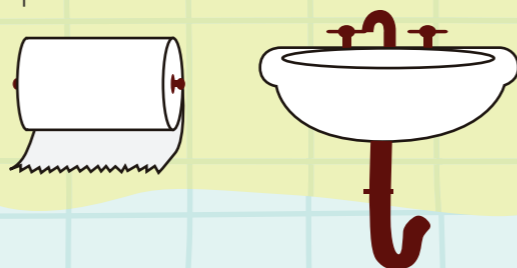
Steps for hand hygiene

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 the palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists. Do this for at least 20 seconds.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly with a clean cotton towel, a paper towel, or a hand dryer.
6. The cleaned hands should not touch the water tap directly again. The tap may be turned off:
 - by using the paper towel wrapping the faucet; or
 - after splashing water to clean the faucet.

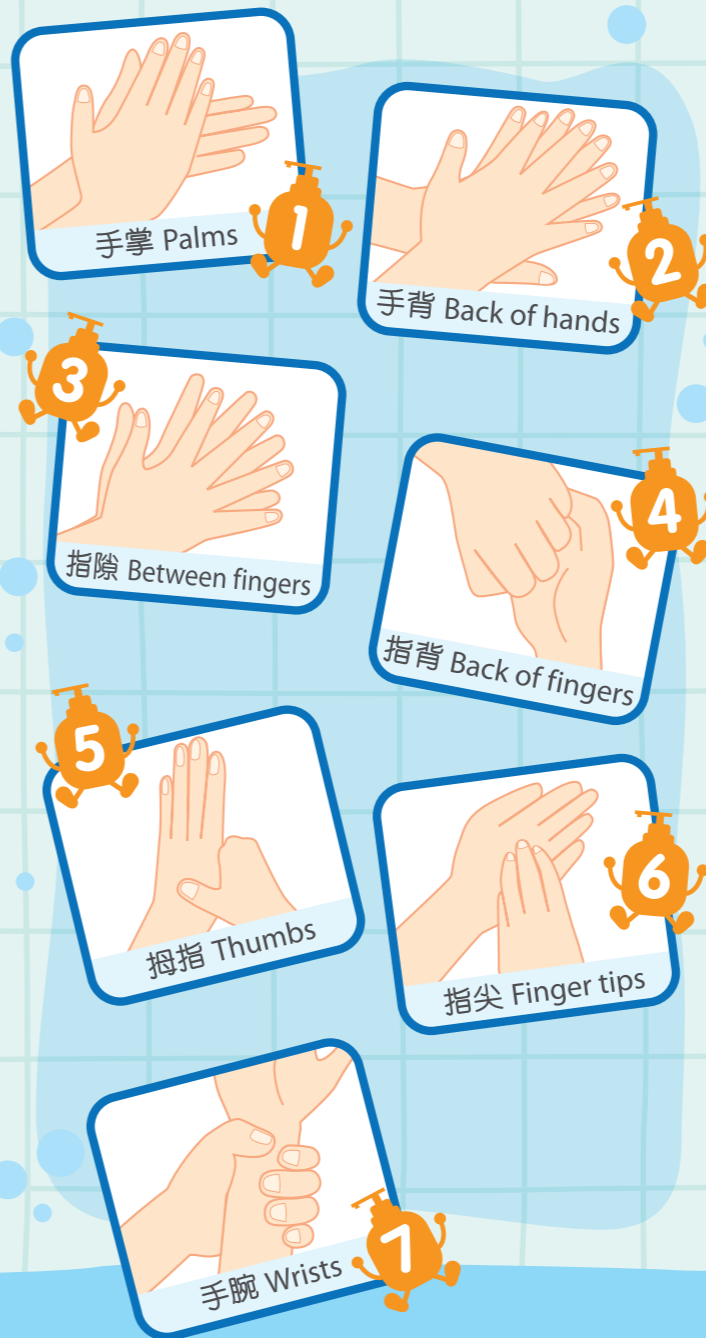
Please note:

- 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？

How to perform hand hygiene ?



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. 揉擦手掌、手背、指隙、指背、拇指、指尖及手腕各處。
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 and cover all surfaces of the hands.
2. Rub the palms, back of hands, between fingers, back of fingers, thumbs, finger tips and wrists.
3. Rub for at least 20 seconds until the hands are dry.

