

When should you wash your hands?

什么时候应该洗手?



When hands are visibly dirty
手上有污迹时



Before, during and after preparing food
准备食物前中后



Before eating
进食前



Before and after attending to a person who is sick
接触病人前后



Before and after touching body fluids and / or wound dressings
接触伤口及敷料前后



Before and after changing a diaper
更换尿布前后



After blowing your nose, coughing or sneezing
擤鼻涕、咳嗽或打喷嚏后



After using the toilet
使用厕所后



After handling garbage
处理垃圾后

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Clean Hands, Good Health

手部卫生, 健康之本

Germs are invisible but could be found everywhere. We come in contact with germs everyday through frequently touched things like doorknobs. Germs can live up to 48 hours or longer on some surfaces and can cause infections and illnesses.

Germs are commonly spread through person-to-person contact or from one part of the body to another. For example, after using the toilet, your hands may have germs after touching the toilet seat and flush. These germs can enter your body when you touch your face, mouth, eyes or nose, or be passed on to someone you touch.

To prevent yourself or your loved ones from falling ill, it is best to learn proper hand hygiene practices such as hand washing. Properly washing your hands can help get rid of germs and keep your family healthy.

病菌是看不见的，但是无处不在。我们的手因为接触到频繁被触摸的物体(例如门把手)，而沾染到病菌。有些病菌可以存活长达48小时或是更长而致病。

如果病菌沾到手上后没有被清洗掉，他们就会在人与人之间传播，并使人生病。例如：上完厕所后，您的手上可能沾染了马桶座圈和冲水按钮上的病菌。这些病菌可能在您用手接触脸部，尤其是嘴巴、眼睛和鼻子时进入您的身体，或传给与您有肢体接触的其他人。

为了防止自己或亲人生病，最好的预防是学会正确的手部卫生习惯，如洗手。正确洗手可以帮助消除细菌，保持家人健康。

The right way to wash your hands

正确的洗手方法

1

WET

Wet your hands with clean, running water

弄湿手

用干净的水弄湿您的双手

2

LATHER

Apply soap and create a rich lather

涂肥皂

将肥皂涂抹于双手，并搓揉出泡沫

3

SCRUB

Rub your hands by following the 7 steps, for at least 20 seconds (the time taken to sing a "Happy Birthday" song twice)

搓洗

按照以下七个步骤搓洗双手至少20秒(唱两遍“生日快乐歌”的时间)

4

RINSE

Rinse your hands well under running water.

冲洗

用水将双手冲洗干净。

5

DRY

Dry your hands with a disposable paper towel.

擦干

用纸巾将双手擦干。

Alternative to washing hands

替代洗手的方法

When travelling overseas or going to places where clean water and soap is not available, you can use an alcohol-based sanitiser that contains at least 60% alcohol.

Alcohol-based sanitisers work best on clean skin. Hence, do ensure that your hands are not visibly dirty before you use them. You should not wash your hands after applying the sanitiser.

Apply the sanitiser on one of your hands. Rub your hands together and follow the 7 steps. Keep rubbing till your hands feel dry.

当您在国外旅行，没有干净的水和肥皂时，您可以使用酒精含量至少60%的免水洗手液擦洗双手。

在干净的皮肤上使用免水洗手液效果最好。因此，在您使用免水洗手液之前，请确保您的手部没有可见污物。涂上免水洗手液后，请勿用水洗手。

首先，将免水洗手液涂抹在一只手上。然后按照以下七个步骤搓洗双手，直到双手感觉干爽。

7 STEPS



1 Palm to palm
掌心对掌心



2 Back of hands
手背



3 Between fingers
指缝



4 Back of fingers
指背



5 Thumbs
拇指



6 Fingernails
指甲



7 Wrists
手腕