

Clean Hands Save Lives!

清洁双手，拯救生命！

- It is best to wash your hands with soap and warm for 20 seconds.
- When water is not available, use alcohol-base products (sanitizers).
- Wash hands before preparing or eating food and after going to the bathroom.
- Keeping your hands clean helps you avoid getting sick.
- 最好用香皂和温水洗手，至少持续 20 秒钟。
- 没有水时，可用含酒精成分的产品（消毒剂）。
- 准备食物或进食前及如厕后要洗手。
- 保持双手清洁，有助于避免生病。

When should you wash your hands?

何时需要洗手？

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone the bathroom
- Before and after caring for someone who is sick
- After handling uncooked foods, particularly raw meat, poultry, or fish
- After blowing our nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood after or sewage
- When your hands are visible dirty
- 准备食物或进食前
- 如厕后
- 更换尿布或清理上完厕所的小孩后
- 在照顾病人的前后
- 处理完生食之后，尤其是生肉、家禽或鱼
- 擤鼻涕、咳嗽或打喷嚏之后
- 接触动物或动物粪便之后
- 接触垃圾之后
- 处理切口或伤口的前后
- 接触过被洪水或污水污染的物品之后
- 双手有明显污迹时



Using alcohol-based sanitizer

使用含酒精成分的消毒剂

- Apply product to the palm of one hand.
- Rub hands together.
- Rub product over all surfaces of hands and fingers until hands are dry.
Note: the volume needed to reduce the number of germs varies by product.
- 取适量消毒剂于掌心。
- 揉搓双手。

- 将消毒剂揉搓至双手的各个部位，直至双手干透。
注意：对于减少病菌所需的用量因产品不同而有所区别。

Washing with soap and water 使用香皂和清水洗手

- Place your hands together under water (warm if possible).
- Rub hands together for at least 20 seconds (with soap if possible).
- Wash your hands thoroughly, including wrists, palms, back of hands, and under the fingernails.
- Clean the dirt from under fingernails.
- Rinse soap from your hands.
- Dry your hands completely with a clean towel if possible (this helps remove the germs), however, if towels are not available it is okay to air dry your hands.
- Pat your skin rather than rubbing to avoid chapping and cracking.
- If you use a disposable towel, throw it in the trash.

Remember: *If soap and water are not available, use alcohol-based sanitizer.*

- 将双手放入水中（最好用温水）。
- 揉搓双手至少 20 秒钟（最好用香皂）。
- 彻底清洗双手，包括手腕、手掌、手背和指甲下面。
- 清洁指甲下的污垢。
- 将双手的泡沫冲净。
- 如有可能，用干净的毛巾彻底擦干双手（这有助于去除病菌），然而如果没有毛巾，就让手自然晾干。
- 轻拍您的肌肤，而不是揉搓，这样可以避免皮肤皴裂或开裂。
- 如果您使用一次性毛巾，请将它扔进垃圾桶。

请牢记： *如果没有香皂和清水，可使用含酒精成分的消毒剂。*

