千万不要忘记洗手

(Don’t Forget to Wash Your Hands)

1. 淋湿双手 (Wet your hands)
2. 涂上洗手液 (Apply soap)
3. 双手揉搓20秒 (Wash your hands for 20 seconds)
4. 冲洗双手 (Rinse well)
5. 用纸巾擦干双手 (Dry your hands)
6. 再用纸巾关掉水龙头 (Use towel to turn off tap)

记得摩擦指缝间、指甲缝，和手背。

SOURCE: Adapted from Centers for Disease Control and Prevention. https://www.cdc.gov/handwashing