

올바른 손씻기 순서와 소독

손을 반드시 씻어야 하는 경우

• 화장실 이용 후

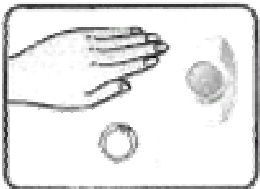
• 조리하기 전, 조리할 때마다

• 더러운 것을 만진 후

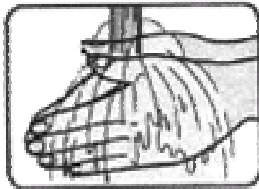


손씻기※4-10 번까지 약 30 초가 걸림!

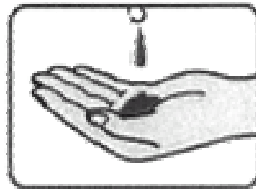
엄지손가락과 손끝은 특별히 주의!



①시계와 반지는 빼고



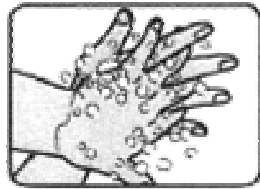
② 손에 물을 묻힙니다



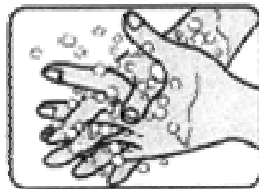
③비누를 묻혀



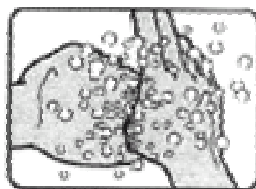
④거품을 냅니다



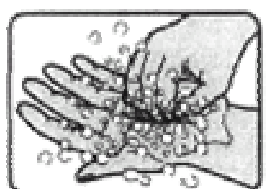
⑤ 손바닥과 손등(5 번씩)



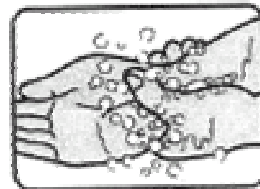
⑥손가락 사이 (5 번씩)



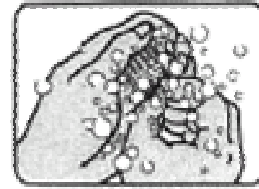
⑦엄지손가락 씻기(5 번씩)



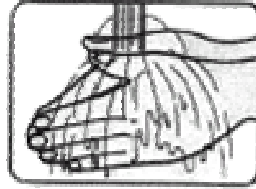
⑧손끝(5 번씩)



⑨손목(5 번씩)



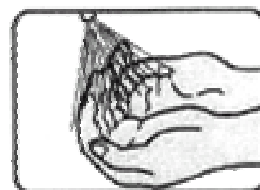
⑩손톱용 브러쉬 (5 번씩)



⑪물로 충분히 헹군 후



⑫종이타올로 닦아 냅니다(건조기)



⑬소독용 알코올을 뿌립니다



⑭손에 문지릅니다 (5 번)

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손씻기 안내에 쓰여진 그림들은 사라야 주식회사의 허가를 받아 사용되고 있습니다