

Effective infection control measures against diseases such as COVID-19

PROPER HAND WASHING

It is possible that a virus has gotten onto your own hands by touching various objects, such as doorknobs and train straps.

Please keep in mind to wash your hands as follows.

HOW TO PROPERLY WASH YOUR HANDS

⚠ Before washing your hands

- ☑ Keep your fingernails short
- ☑ Remove wristwatches and rings



1 After wetting your hands under running water, apply soap and scrub your palms thoroughly.



2 Scrub the back of your hands in a stretching motion.



3 Thoroughly scrub your fingertips and between your fingernails.



4 Wash between your fingers.



5 Wash your thumbs and palms with a twisting motion.



6 Don't forget to wash your wrists as well.

After washing your hands with soap, rinse them thoroughly with water and dry them well with a clean towel or paper towel.



Cabinet Agency for Infectious Disease Crisis Management

