

Wash your hands, and prevent spreading infection.

Hand sanitizer



If running water is not available,
use hand sanitizer containing
alcohol.

How to use hand sanitizer

Source: Education Tool Ver.3.1 from Japanese Society for Infection Prevention and Control

①



Take 3ml of sanitizer
in your palm. (Press
the pump once to
dispense about 3ml
of mist.)

②



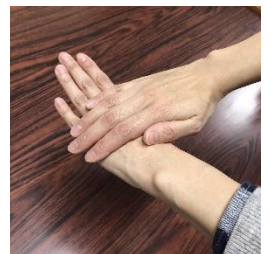
First, rub the sanitizer
into the fingertips of
your both hands.

③



Next, rub it into your
palms thoroughly.

④



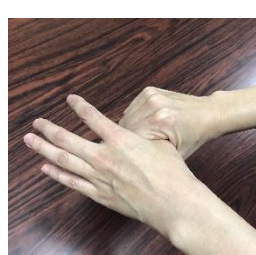
Rub the back of your
hands.

⑤



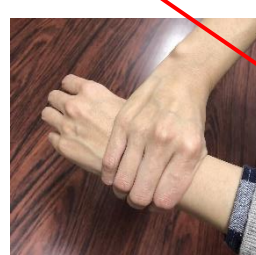
Rub between your
fingers.

⑥



Rub each of your
thumb.

⑦



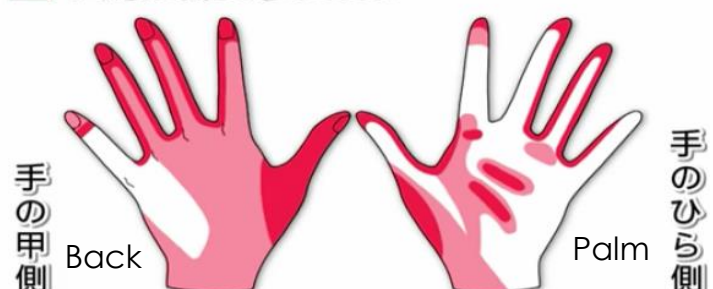
Don't forget to scrub
your wrists until dry.

It is important
to start with
your
fingertips.

**Make sure to wash your hands
before eating, cooking, and
after using the toilet!**

Health and Disease Control Division,
Nagano Prefecture (January 2020)

■ 洗い残しの多いところ (Most frequently missed)
■ やや洗い残しの多いところ (Frequently missed)



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(<https://nettv.gov-online.go.jp/prg/prg7362.html?t=46&a=1>)