

Preventing infection with hand sanitizer

Hand sanitizer



If you can't wash your hands with soap and water, use an alcohol-based hand sanitizer.

Image Source: Ministry of Health, Labour and Welfare (<http://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou01/keihatu.htm>)

Steps for using hand sanitizer

Source: The Japanese Society for Environmental Infectious Disease Educational Tool Ver.3.1



1 Take about 3 ml of sanitizer in the palm of your hand (about one pump).



2 Begin by rubbing the hand sanitizer into your fingertips of both your hands.



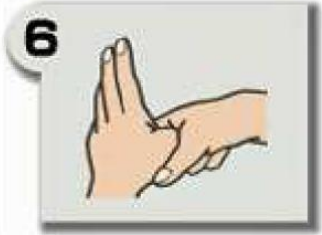
3 Next, rub it into your palms.



4 Don't forget the back of your hands.



5 Rub in between the fingers.



6 Rub your thumbs as well.



7 Don't forget to rub up to your wrists as well. Continue rubbing until your hands are dry.

The important point here is to *start with the fingertips!*

It's especially important to wash your hands **before eating or preparing food and after using the toilet.**

■ Parts of the hand that frequently remain unwashed
■ Parts of the hand that often remain unwashed



Back of the hand

Palm of the hand