



Handwashing is the cornerstone of infection prevention

Infectious diseases can be transmitted from person to person, or from animals such as pets and livestock, and from food and drink. To prevent various infectious diseases, take basic infection control measures.

First of all, let's wash your hands referring to the 5 timings.

Wash your hands on 5 occasions



When you get home



When coughing, sneezing or blowing your nose

When you eat

When caring for a sick person

When you touch something outside



Points to note when washing hands

POINT !

Please know the places that are often left unwashed



Back of hand



Palm

Wash your hands consciously, as there are many areas left unwashed on your fingertips, thumbs, and between your fingers.

Please see the reverse side or the video for the correct hand washing method.



Nagahama city Hand washing video



Ministry of Health, Labour and Welfare Hand washing video

Continue to...



Ventilate your home frequently



Make sure you know how to wash your hands properly.

Correct way to wash hands

- Keep your nails cut short
- Remove watches and rings



1 Wet hands with running water and then apply soap



2 Rub your palms well



3 Rub the back of your hand to stretch it.



4 Carefully rub between fingertips and nails



5 Wash between fingers



6 Twist and wash your thumbs and palms



7 Don't forget to wash your wrists



8 Wash off under running water



After washing, wipe off with a clean towel or paper towel and let them dry. The guideline for hand washing is 30 seconds (15 seconds or more).