

## <手洗いの手順>



①手を流水でぬらす



②石けんを適量取り出す



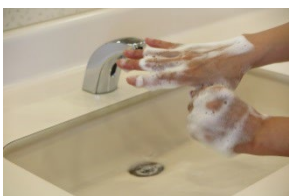
③石けんを泡立てる



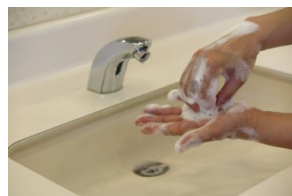
④手の甲を洗う



⑤指の間を洗う



⑥親指を洗う



⑦指先を洗う



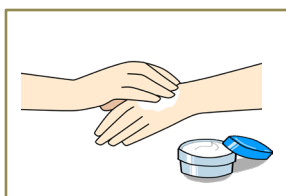
⑧手首を洗う



⑨流水でよくすすぐ



⑩こすらずに水分を拭き取る



⑪ハンドクリームで保湿

