

# 正確使用酒精搓手液

Proper Use of the Alcohol-based Handrub



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1. 潔手前先脫去手上飾物，如戒指、手錶、手鐲等， 並確定手上無可見污漬

Remove rings, wrist-watch, and bracelets before cleaning hands and ensure your hands do not have any visible dirt



## 2. 按取足夠份量的酒精搓手液，約3至5毫升

Take adequate alcohol-based handrub with a cupped hand, say around 3 to 5 ml



3. 依照潔手七部曲進行潔手程序，每個程序最少重覆5次，包括雙手所有表面

Follow the seven steps hand hygiene technique. Repeat each step for at least 5 times, covering all surfaces

# 手部衛生 防感染

## HAND HYGIENE PREVENTS INFECTION

取一掌心份量的酒精搓手液以足夠覆蓋雙手  
Apply a palmful of alcohol handrub to cover all hand surfaces

搓手20秒  
Rub hands for 20 seconds

### 5 個必須潔手的時刻

MOMENTS FOR HAND HYGIENE

- 直接接觸病人之前  
Before Touching a Patient
- 進行無菌操作或護理程序之前  
Before Clean/Aseptic Procedure
- 接觸血液或體液之後  
After Body Fluid Exposure Risk
- 直接接觸病人之後  
After Touching a Patient
- 接觸病人直接範圍之後  
After Touching Patient Surroundings

當雙手有明顯污垢時請用皂液及清水潔手  
When hands are visibly soiled, please clean with soap and water



- 1 手掌  
Palms
- 2 手背  
Back of Hands
- 3 指隙  
Between Fingers
- 4 指背  
Back of Fingers
- 5 拇指  
Thumbs
- 6 指尖  
Fingers Tips
- 7 手腕  
Wrists

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#### 4. 先清潔掌心

Rub hands and palm to  
palm



#### 5. 然後手背

Right palm over dorsum of left  
hand with interlaced fingers and  
vice versa



6. 再掌對掌清潔指隙

Palm to palm with  
fingers interlaced



7. 然後手指互扣 旋轉清潔指背

Back of fingers to opposing palms  
with fingers interlocked



## 8. 再用掌心旋轉清潔拇指

Rotational rubbing of left thumb clasped in right palm and vice versa



## 9. 然後指尖對掌心旋轉按擦

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



## 10. 最後清潔手腕

Rotational rubbing of left and right wrists





11. 整個潔手程序約需20-30秒，待潔手液乾透，潔手程序便完成

The entire procedure takes about 20 to 30 seconds and is completed once your hands are dry

