

正確使用酒精搓手液

Proper Use of Alcohol-based Handrub



醫院管理局
新界東醫院聯網

Hospital Authority
New Territories East Cluster



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



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個必須洗手的時刻
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
請用皂液及清水洗手
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

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

4. 先清潔掌心
Rub hands
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

