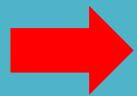


# 正しい手洗い方法

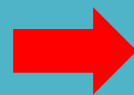
How to wash hands



手をぬらして石けんでよく泡立てる  
Wet your hands with clean, running water.  
Apply soap.  
Lather your hands by rubbing them together.



手のこうを洗う  
Lather the back of your hands.



爪のあいだと指先を洗う  
Lather under your nails.



指のあいだと手の平を洗う  
Lather between your fingers.



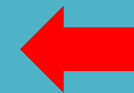
きれいなタオルでふく  
Dry your hands using a  
clean towel.



よく水で流す  
Rinse your hands well  
under clean, running water.



手首を洗う  
Lather your wrists.



親指を洗う  
Lather your thumbs.