

じょうずな手洗いとうがいのやり方

How to wash hands and gargle

**うがいは「ゴロゴロ」と
音をたててしよう！**

It's important to make "gargle
noise" while gargling



15秒のうがいを2～3回おこなう
Take some water into your mouth, tip
the head back and breathe out
through water held at the back of the
throat for at least 15 seconds and
repeat it for 2 or 3 times.

手洗いはしっかりやろう！
Clean hands save lives



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.