



正確清潔消毒 · 讓病菌遠離你

落實返家清潔 · 消毒 12 步驟



12 Steps to Sanitize Your Homes

1. Before entering your home, take off your shoes and leave them outside.
2. Change to your house slippers.
3. If you have been wearing gloves, take them off and dispose of them.
4. Wash your hands for 20 seconds.
5. Take off your jacket or coat. Best if you can hang them outside the premises.
6. Take off your mask. Make sure you don't touch the outer part of the mask.
7. Take off your glasses and wash and clean them twice.
8. Wash your face.
9. Blow your nose.
10. Gargle.
11. - 12. Take a shower. If you've been out for a long period of time, wash your hair as well.