正確清潔消毒・讓病菌遠離你

**CKids Educational Organization** 

- <u>落實返家清潔・消毒 12 步驟</u> -1-將鞋脫在門外 換拖鞋 有戴手套的話 脫手育 醫考 20 秒 7 步洗手法 脫夘2 最好褂在室外勿拍打 勿觸摸口罩外部 -7-摘眼鏡並第2次洗ヨ 順帶洗眼鏡 -8-A-g-記得堅開雙眼 洗鼻腔 -10-漱口 -11 外出時間長 12-歸家後一定要洗頭 外出時間長
- <u>12 Steps to Sanitize Your</u> <u>Homes</u>
- Before entering your home, take off your shoes and leave them outside.
- 2. Change to your house slippers.
- If you have been wearing gloves, take them off and dispose of them.
- Wash your hands for 20 seconds.
- Take off your jacket or coat. Best if you can hang them outside the premises.
- 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.

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歸家後一定要淋浴