





**If you have recently visited Wuhan,
and developed symptoms, you should...**

1. Call the toll-free Communicable Disease Reporting and Consultation Hotline, 1922 (or 0800-001922), wear a mask and seek immediate medical attention.
 2. Inform the doctor of your history of travel to Wuhan, history of contact and your symptoms when seeking medical attention.
 3. Rest at home and minimize contact with others while sick.
 4. Cover your nose and mouth with a tissue or your sleeve when coughing and sneezing.
 5. Wear a face mask when experiencing respiratory tract symptoms.
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Travelers to Wuhan should....



Wash hands with soap

Avoid animals (alive or dead)



Avoid eating raw meat & eggs

Avoid hospitals and traditional markets



Jangan lupa sering cuci tangan

Hal-hal yang harus diperhatikan pada saat mencuci tangan



Waktu untuk mencuci tangan



Sebelum makan



Sebelum dan setelah melakukan kontak fisik dengan orang sakit



Setelah menggunakan kamar mandi/WC



Setelah membersihkan ingus, batuk, atau bersin



Setelah lihat dokter

Langkah mencuci tangan



Basah

Bersihkan tangan seluruhnya dengan air bersih



Gosok

Gosok sabun ke telapak, punggung tangan dan sela jari-jari setidaknya selama 20 detik



Bilas

Bilas tangan dengan air bersih mengalir



Siram

Siram kran air dengan air bersih dan ingat jangan lupa untuk mematikan air kran

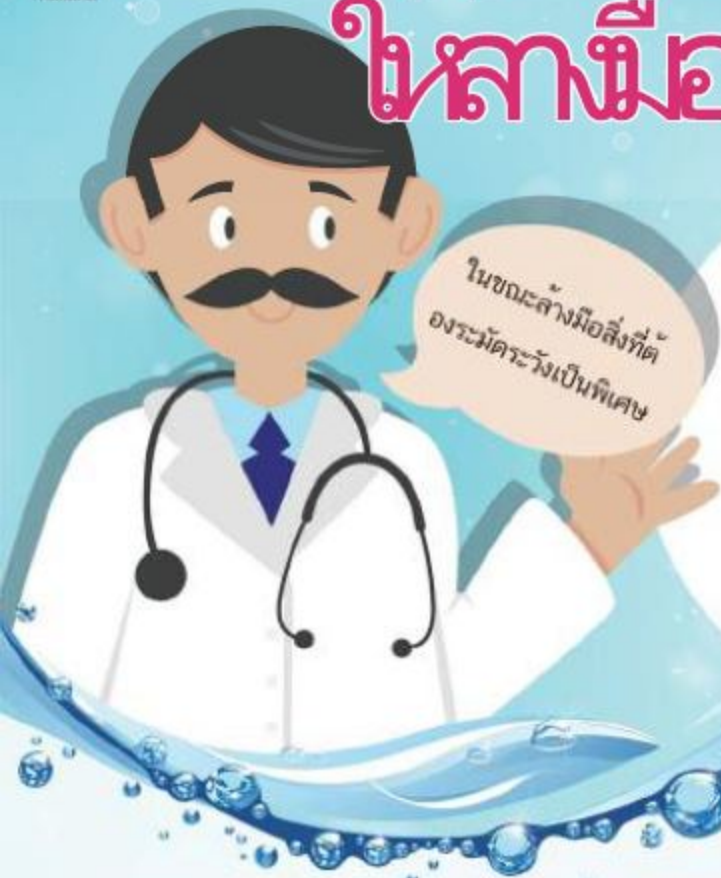


Lap

Gunakan mesin pengering tangan atau lap dengan handuk/tissu



๒๒ | ในสถานการณ์แบบนี้



ข้อบ่งชี้ในการล้างมือของบุคคลโดยทั่วไป



ก่อนรับประทานอาหาร



ก่อนและหลังสัมผัสเด็ก



หลังจากเข้าห้องน้ำ



หลังไอหรือจาม เหวี่ยง



หลังออกจากโรงพยาบาล

ขั้นตอนการล้างมือที่ถูกต้อง



เปียก

ทำมือให้เปียกน้ำด้วยปริมาณน้ำ



ถู

ใช้สบู่ถูๆ ฝ่ามือ หลังมือ
ให้มีเวลาอย่างน้อย 20 วินาที



รด

ด้านนิ้วโป้งและข้อมือด้านข้าง
ด้านนิ้วชี้และจากข้อศอก



ล้าง

ใช้น้ำสะอาดหรือน้ำไหลสะอาด
จนสะอาดและไหลออกจากน้ำ

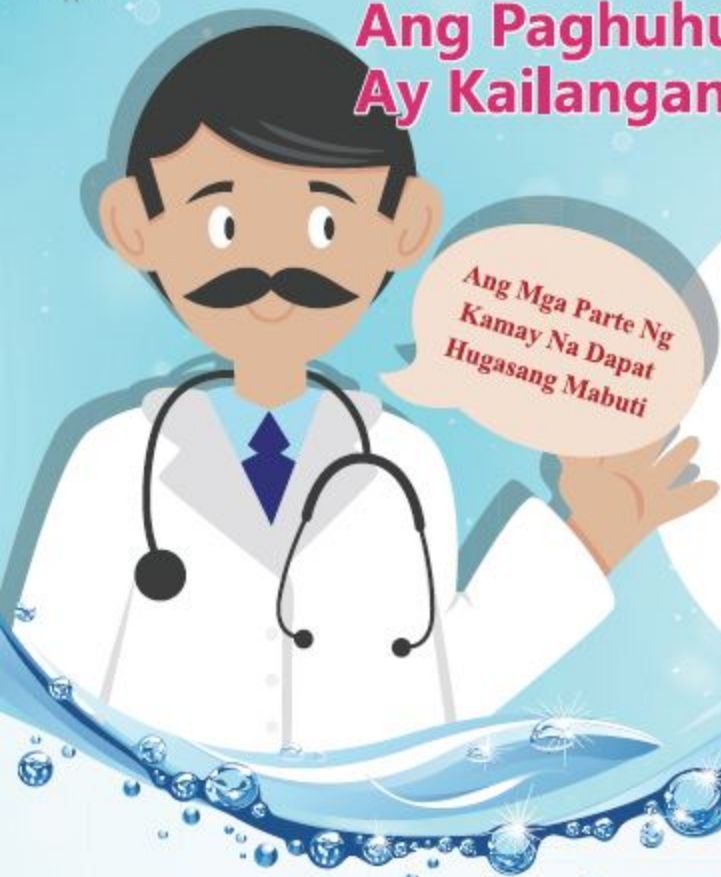


เช็ด

ใช้กระดาษเช็ดมือหรือผ้า
สะอาดเช็ดมือให้แห้ง



Ang Paghuhugas Ng Kamay Ay Kailangan



Ang Tamang Oras Ng Paghuhugas Ng Kamay



Bago Kumain



Bago At Pagkatapos Humawak Sa Pasyente



Pagkatapos Gumamit Ng Banyo



Pagkatapos Suminga, Umubo At Bumahing



Pagkatapos Komunsulta Sa Doktor ...At Iba Pa

Tamang Paraan Ng Paghuhugas Ng Kamay



BASAIN

Basain Ang Kamay Ng Tubig



KUSKUSIN

Lagyan Ng Sabon Ang Palad Likod Ng Kamay Mga Daliri At Kuskusin Ng 20 Segundo



BANLAWAN

Banlawan Ang Dalawang Kamay Ng Tubig Mabuti



SALUKIN

Salukin Ng Kamay Ang Tubig Para Mabanlawan Ang Gripo



PUNASAN

Gumamit Ng Pantuyong Sa Kamay O Tuyong Papel Sa Kamay Para Pampunas



Thường xuyên rửa tay là điều không được thiếu

Những chỗ cần đặc biệt chú ý khi rửa tay



Thời điểm mọi người cần rửa tay



Trước khi ăn



Trước và sau khi tiếp xúc với người bệnh



Sau khi đi vệ sinh



Sau khi hắt mũi, ho, hoặc hắt hơi



Sau khi khám bệnh.....

Các bước rửa tay đúng cách



Làm ướt tay

Làm ướt hai tay hoàn toàn bằng nước máy



Xoa tay

Xoa xà phòng lên dàn đều, rồi xoa mu bàn tay, lòng bàn tay, các ngón tay với nhau ít nhất là 20 giây



Xối nước

Xối nước rửa sạch thật kỹ hai tay



Vốc nước

Vốc nước lên xối sạch vò nước và nhớ khóa vòi nước lại



Lau tay

Hơi tay cho khô bằng máy thổi hơi nóng hoặc lau khô tay bằng khăn giấy

