

# 洗手七步驟 ~ 內外夾立腕

洗手的七個步驟你知道嗎？請將正確順序 1~7 填在圓圈裡，再塗上顏色，就完成囉！洗手照著步驟做，病菌都跑走！



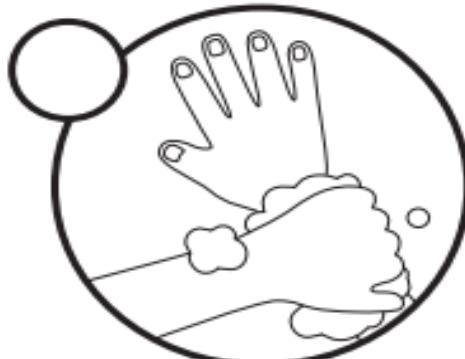
**內** 手心互相搓洗



**大** 搓洗大拇指與虎口



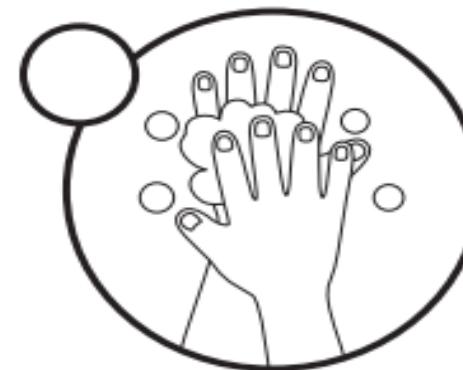
**夾** 十指交錯搓洗指縫



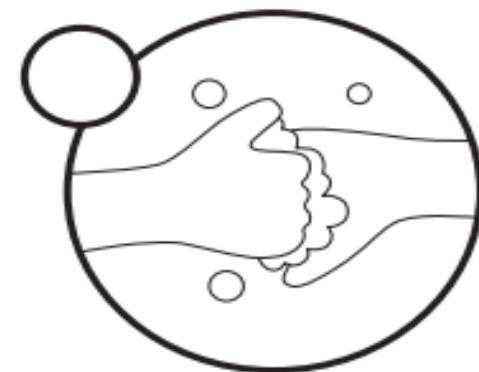
**腕** 連手腕一起搓洗



**立** 仔細清洗指尖



**外** 仔細搓洗手背



**夾** 搓洗指背指節

\_\_\_\_年\_\_\_\_班\_\_\_\_姓名：\_\_\_\_\_