

# Pag-iwas sa Impeksyon/Prevention of Infection/感染予防について

(Ang paghuhugas ng kamay ay ang pinakamahusay na paraan upang maiwasan ang impeksyon/Hand-washing is the best way to prevent infection

/感染予防の基本は手洗いです。)

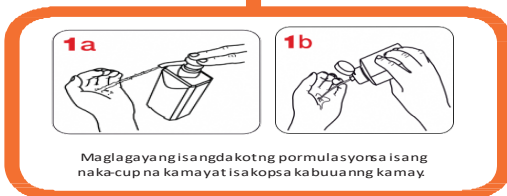
Kapag pumasok ka sa ospital, gumamit ng hand-sanitizer gel para disimpektahin ang iyong mga kamay. Bilang karagdagan, kapag ikaw ay pumasok at lumabas ng ward, hugasan ang iyong mga kamay gamit ang sabon at tubig na umaagos o disimpektahin ang mga ito gamit ang hand-sanitizer gel.

/When you enter the hospital, use hand-sanitizer gel to disinfect your hands. In addition, when you enter and leave the ward, wash your hands with soap and running water or disinfect them using hand-sanitizer gel.

/病院内に入る際は、手指消毒液をご使用ください。また、病室を出入りする際は、流水と石けんによる手洗いか、手指消毒液を使って手指消毒をお願いいたします。

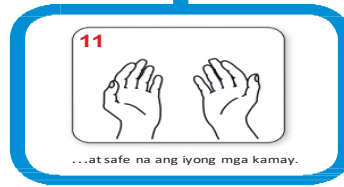
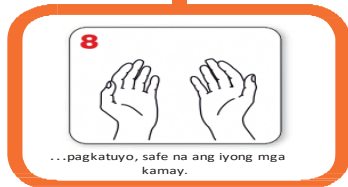
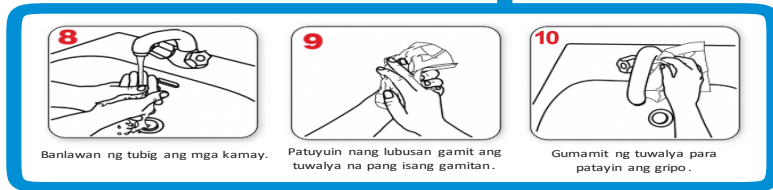
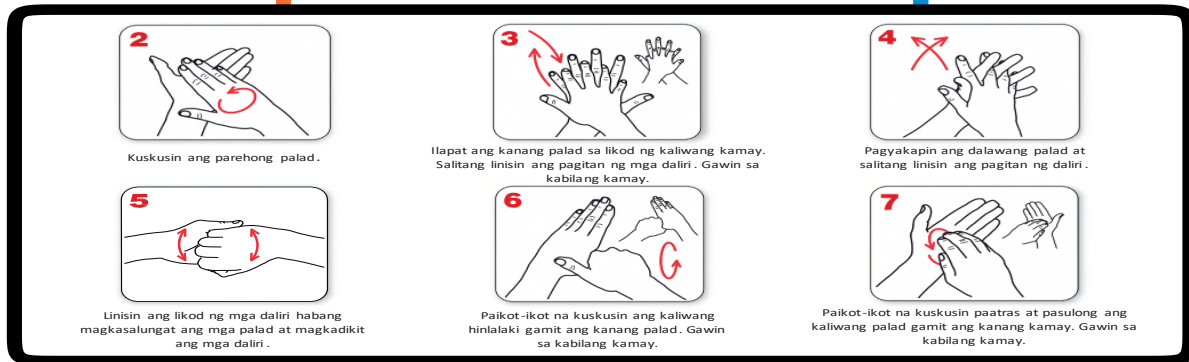
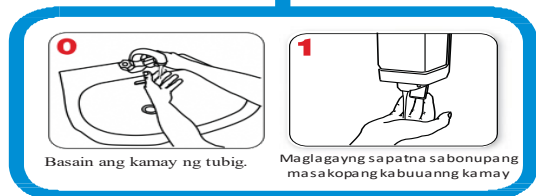
## Paano i-sanitize ang kamay ?

GAMIT ANG ALCOHOL-BASED NA PORMULASYON



## Paano maghugas ng kamay?

GAMIT ANG SABON AT TUBIG



Pinagmulan/Source/出典: Manual ng Teknikal na Sanggunian sa Kalinisan ng Kamay ng WHO /WHO Hand Hygiene Technical Reference Manual