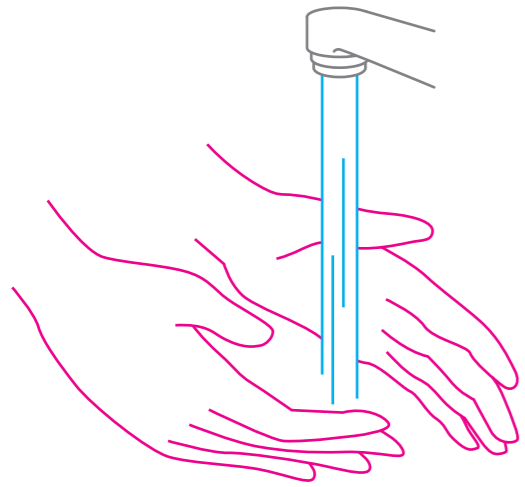


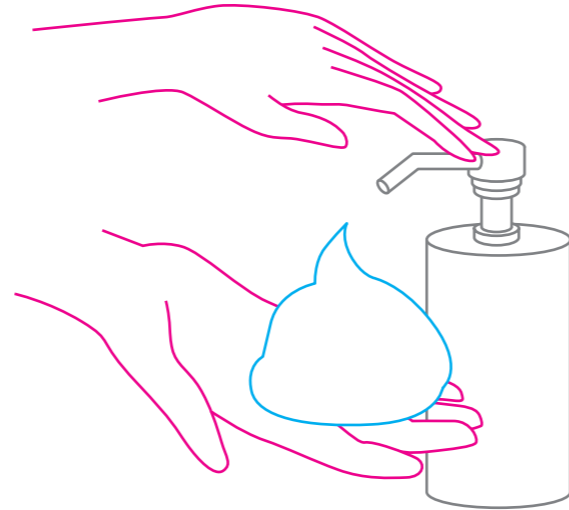


# まずは手洗いでウイルスや菌を殺すのが予防の第一歩。

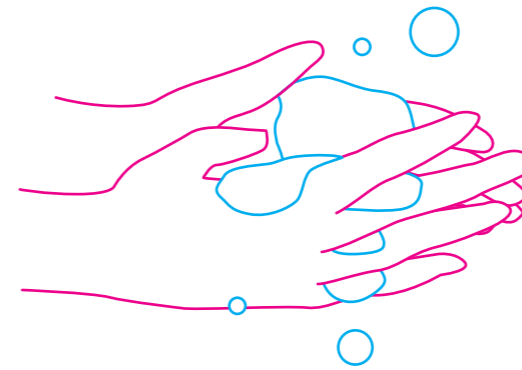
## ① めらす



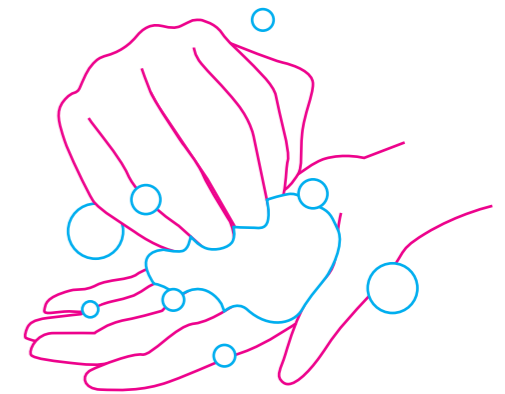
## ② 石鹸をつける



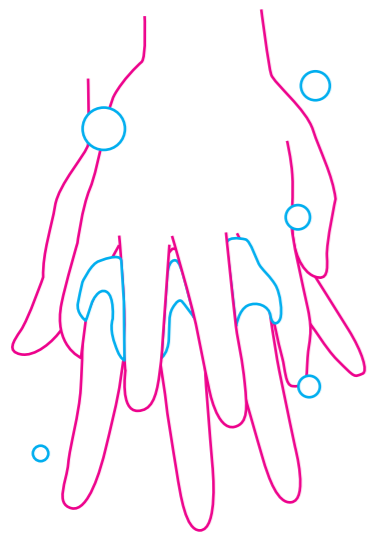
## ③ よくこする



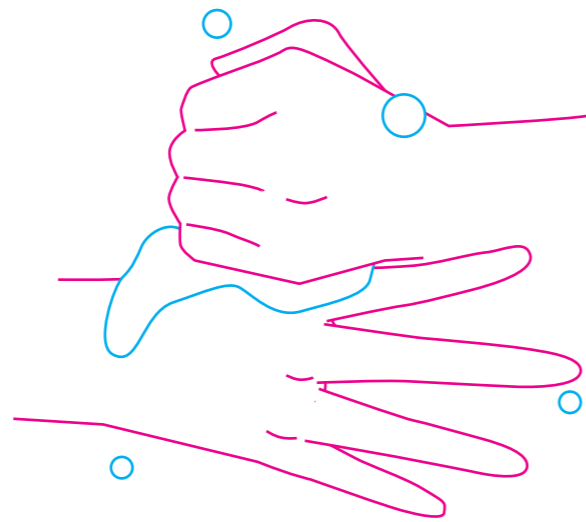
## ④ 爪を洗う



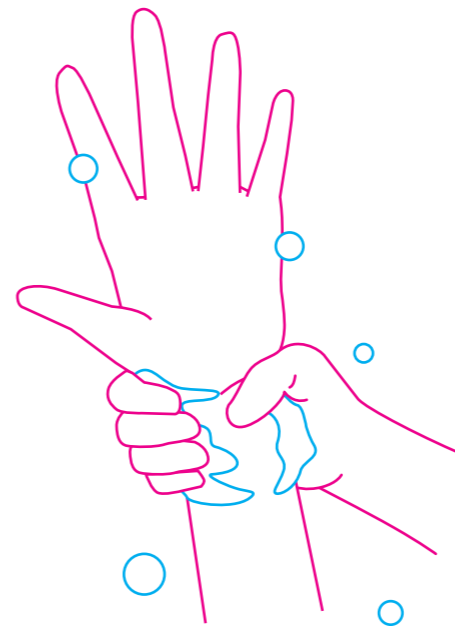
## ⑤ 指の間を洗う



## ⑥ 親指を洗う



## ⑦ 手首を洗う



## ⑧ よくすすぐ

