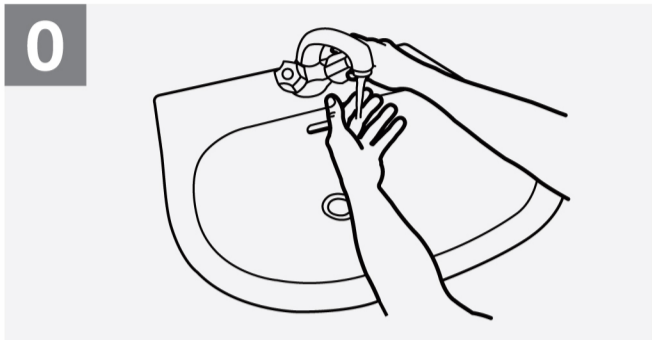


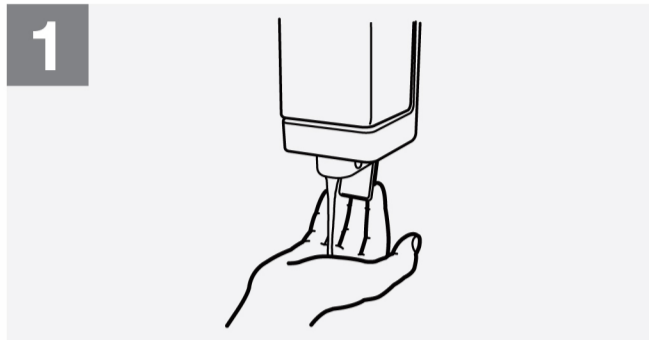
Cum spalăm mainile?

SPALATI MAINILE DACA SUNT VIZIBIL MURDARE! ALTFEL, DEZINFECTATI-LE

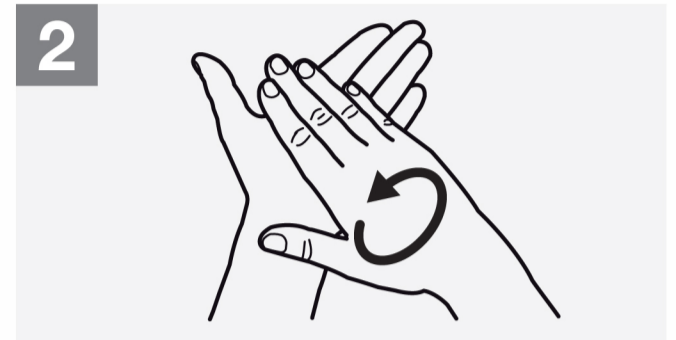
 **Durata intregii proceduri: 20-30 secunde**



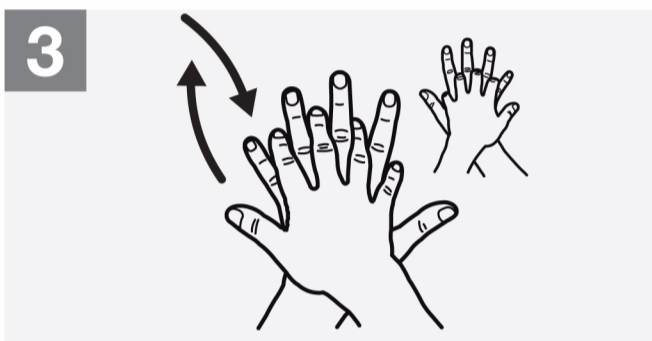
0 Udati mainile cu apa.



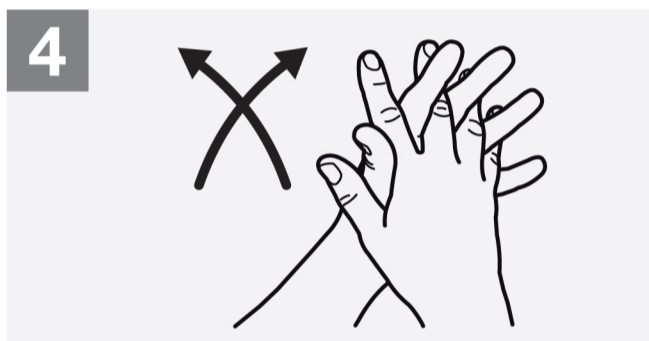
1 Aplicati sapun suficient pentru a acoperi toata suprafata mainilor.



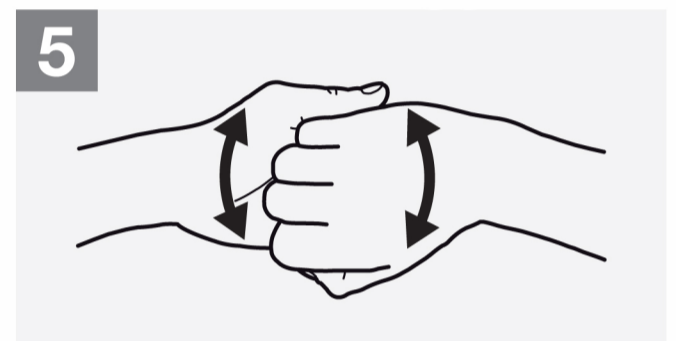
2 Frecati mainile palma peste palma.



3 Palma dreapta peste dosul palmei stangi cu impletirea degetelor si vice versa.



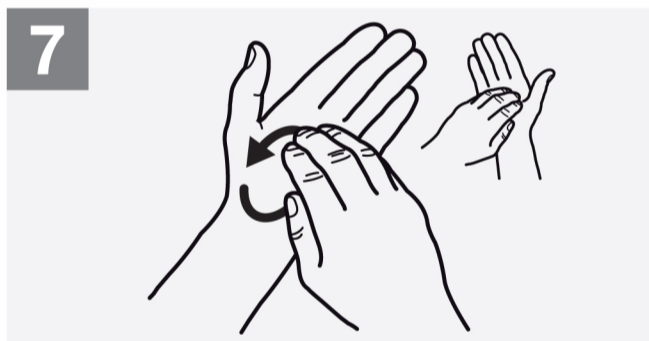
4 Palma peste palma cu degetele impletite.



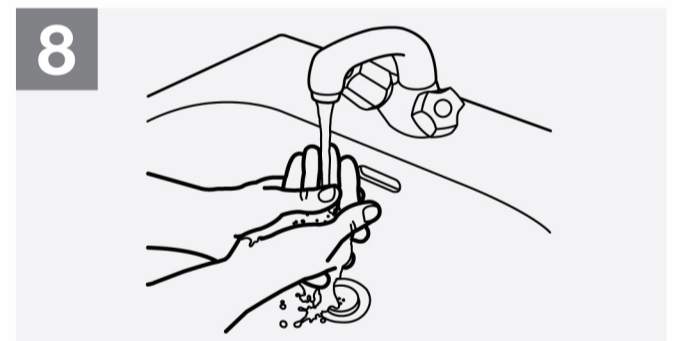
5 Dosul degetelor pe palma opusa, cu degetele impreunate.



6 Frecari rotative cu degetul mare stang prins in palma dreapta si vice versa.



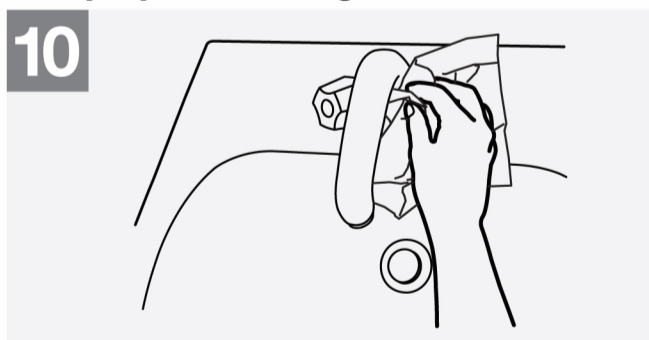
7 Frecari rotative intr-un sens si celalalt cu degetele impreunate ale mainii dreapte, pe palma stanga si vice versa.



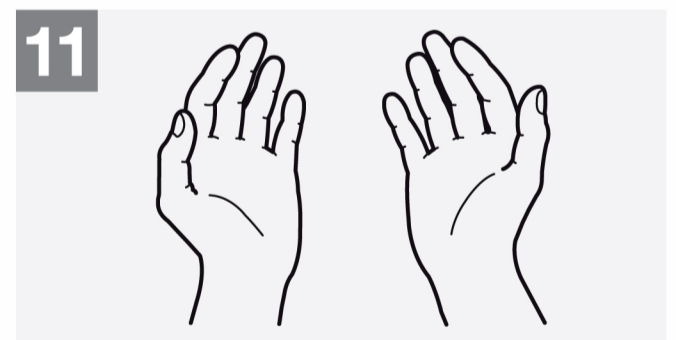
8 Clatiti mainile cu apa



9 Uscati mainile cu un prosop de unica folosinta.



10 Inchideti robinetului folosind un prosop.



11 Odata uscate, procedura de spalare este terminata.