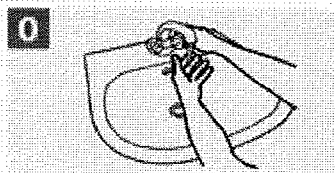


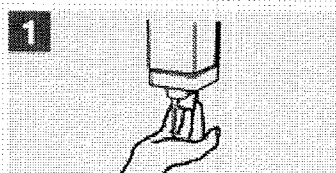
Cum spalăm mainile?

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

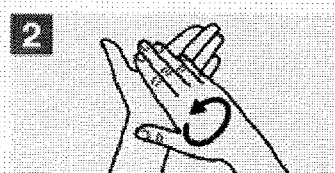
0 Durata întregii proceduri: 20-30 secunde



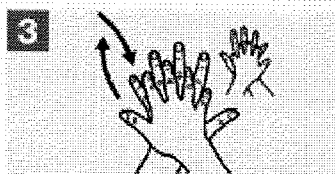
Udati mainile cu apa.



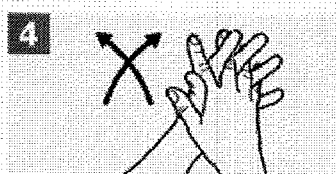
Aplicati sapun suficient pentru a acoperi toata suprafata mainilor.



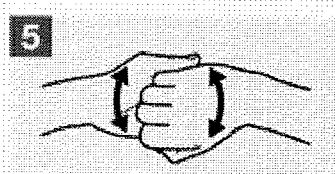
Frecati mainile palma peste palma.



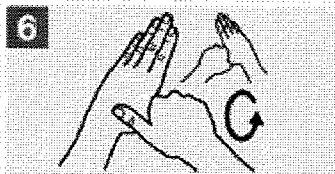
Palma dreapta peste dosul palmei stangi cu împletirea degetelor și vice versa.



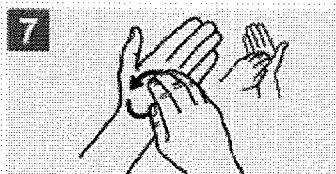
Palma peste palma cu degetele împletite.



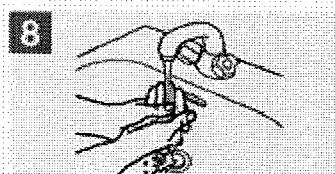
Dosul degetelor pe palma opusa, cu degetele împreunate.



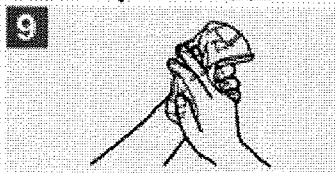
Frecari rotative cu degetul mare stang prins in palma dreapta si vice versa.



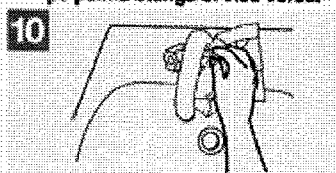
Frecari rotative într-un sens și celalalt cu degetele împreunate ale mainii drepte, pe palma stanga si vice versa.



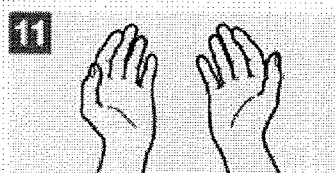
Clatiti mainile cu apa



Uscati mainile cu un prosop de unica folosinta.



Inchideti robinetului folosind un prosop.



Odata uscate, procedura de spalare este terminata.



World Health Organization



Ministerul Sanitatii



Institutul National de Sanatate Publica



Centrul National de Evaluare si Promovare a Sănătății