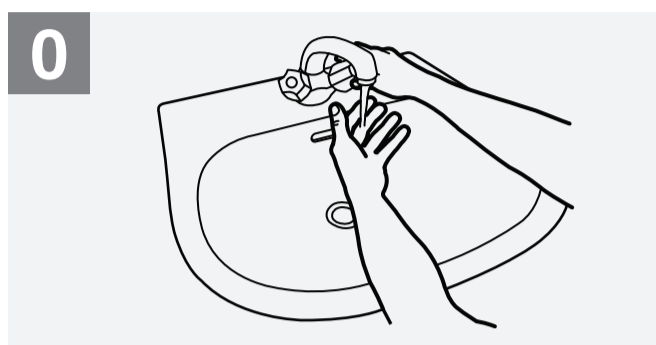


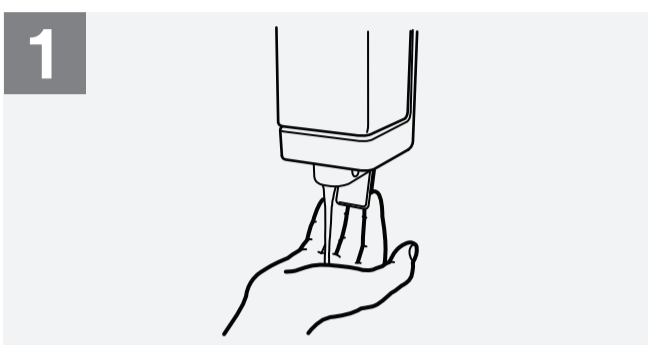
Kako prati ruke?

OPERITE RUKE KADA SU VIDNO ZAPRLJANE! U SUPROTNOM, KORISTITE SREDSTVO NA BAZI ALKOHOLA

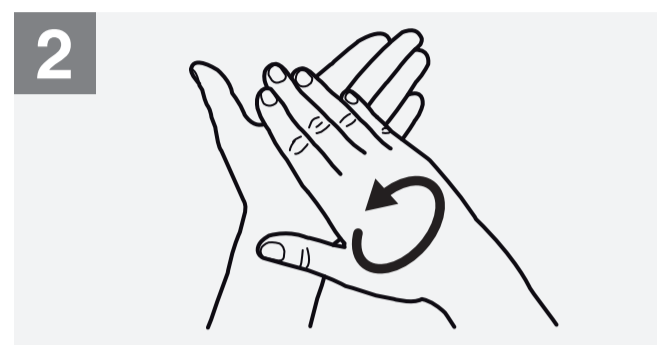
 Trajanje cijelog postupka: 40-60 sekundi



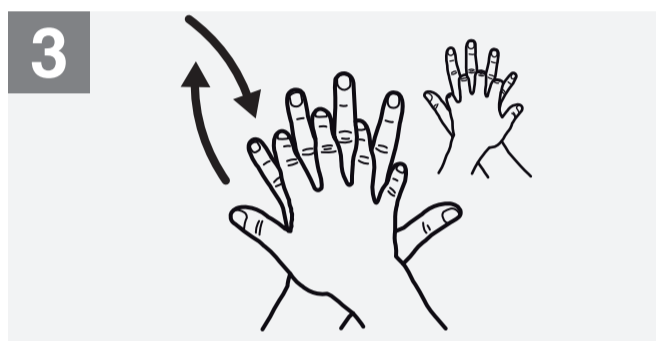
0 Nakvasite ruke vodom;



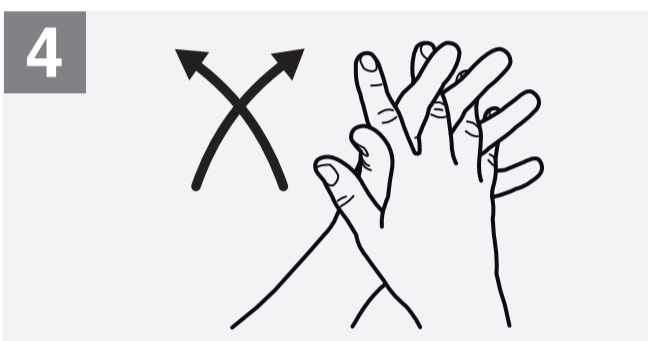
1 Nanesite dovoljno sapuna da prekrije cijelu površinu ruku;



2 Trljajte ruke dlan o dlan;



3 Desni dlan preko lijevog dorzuma s isprepletanim prstima i obrnuto;



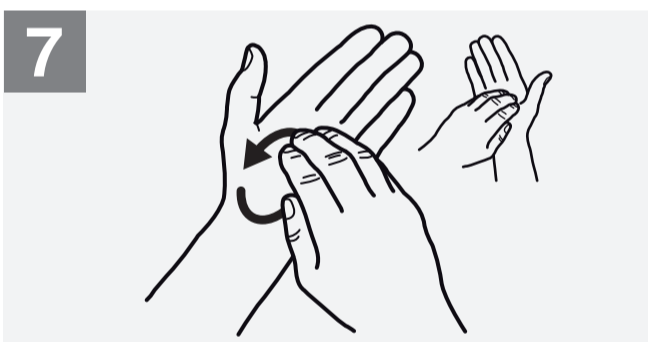
4 Dlan o dlan sa preplitanjem prstiju;



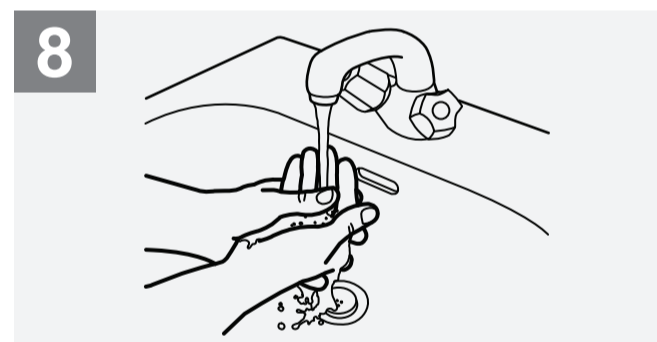
5 Zadnje strane prstiju o suprotne dlanove sa spojenim prstima;



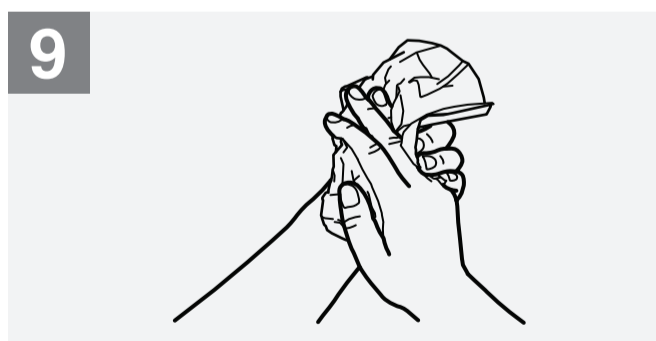
6 Rotaciono trljanje lijevog palca sklopljenog u desni dlan i obrnuto;



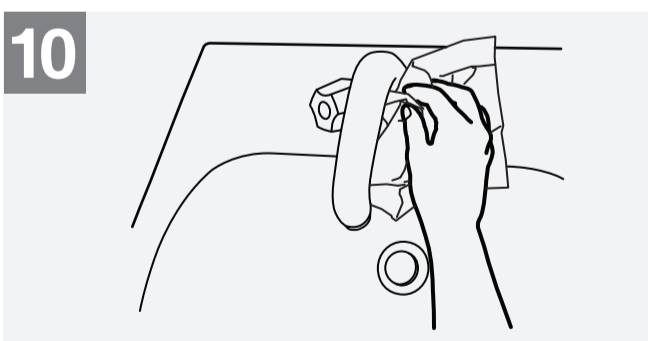
7 Kružno trljanje, naprijed i nazad sa sklopljenim prstima desne ruke u lijevom dlanu i obrnuto;



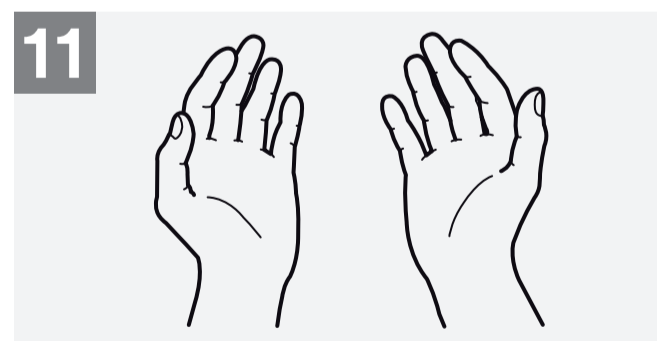
8 Isperite ruke vodom;



9 Osušite ruke temeljno sa peškirom za jednokratnu upotrebu;



10 Iskoristite peškir da zavrnete slavinu;



11 Vaše ruke su sada bezbjedne.



World Health
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SAVE LIVES
Clean Your Hands