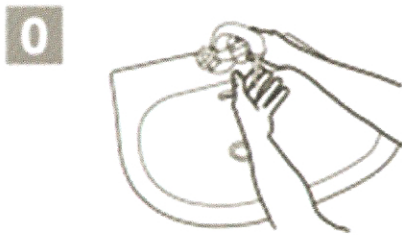


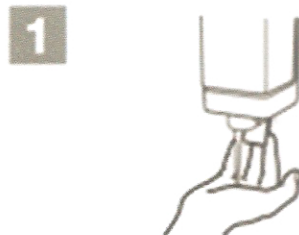
Cum spalăm mainile?

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

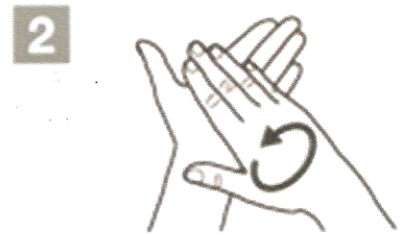
🕒 Durata intregii proceduri: 20-30 secunde



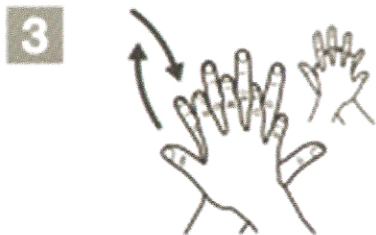
Udati mainile cu apa.



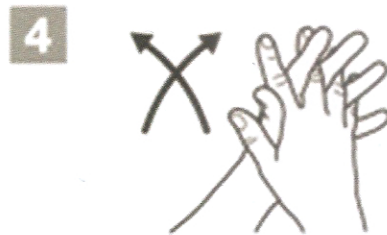
Aplicati sapun suficient pentru a acoperi toata suprafata mainilor.



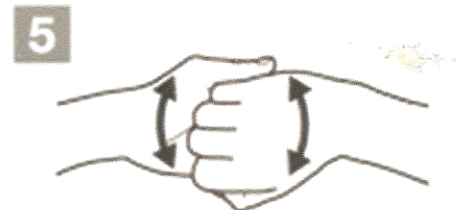
Frecati mainile palma peste palma.



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



Palma peste palma cu degetele impletite.



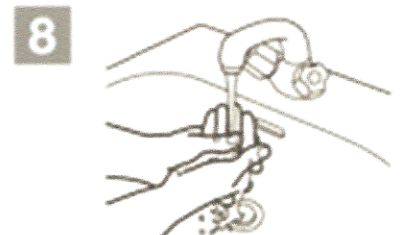
Dosul degetelor pe palma opusa, cu degetele impreunate.



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



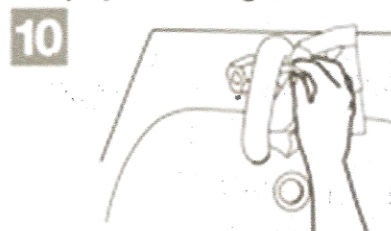
Frecari rotative intr-un sens si celalalt cu degetele impreunate ale mainii dreapte, pe palma stanga si vice versa.



Clatiti mainile cu apa



Uscati mainile cu un prosop de unica folosinta.



Inchideti robinetul folosind un prosop.



Odata uscate, procedura de spalare este terminata.