



HELSE BERGEN

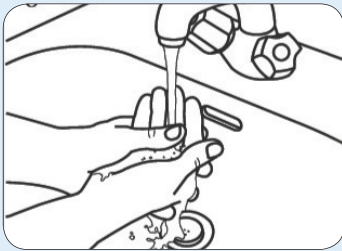
Haukeland universitetssjukehus

Forsknings- og utviklingavdelingen

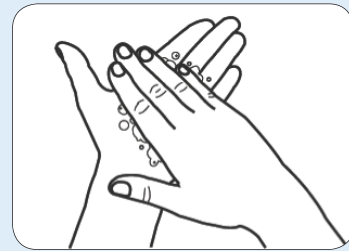
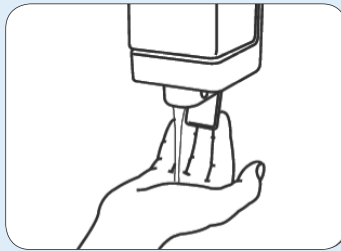
Senter for smittevern

Håndvask

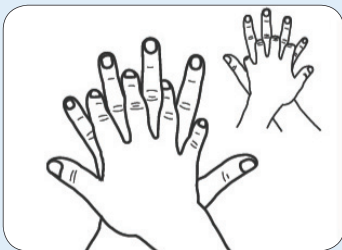
Metode for effektiv håndvask.



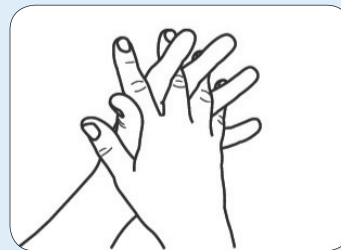
Fukt hendene med lunkent vann, påfør såpe.



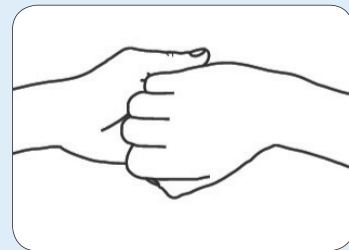
Gni håndflatene mot hverandre.



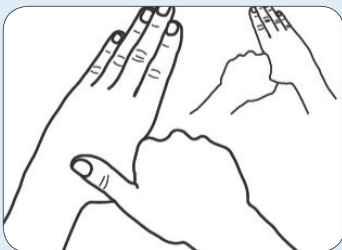
Grip fingrene inn i hverandre og gni mot håndflaten.



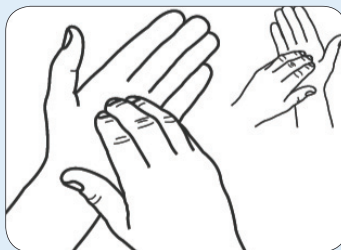
Flett fingrene og gni frem og tilbake.



Gni fingertuppene ned i håndflaten.



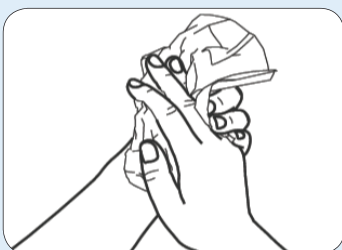
Gni tomlene hver for seg.



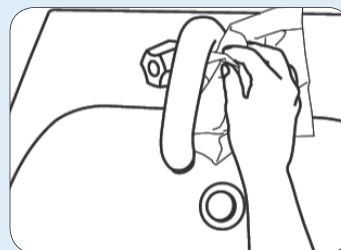
Gni oversiden av hendene og mellom fingrene.



Skyll all såpe av hendene.



Klapp hendene tørre med papirhåndkle.



Steng kranen med papirhåndkleet.



Det tar 30 til 60 sekunder å oppnå ønsket resultat.