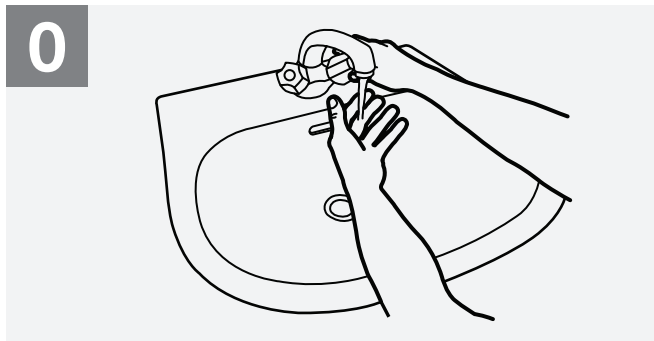


Kako si umiti roke?

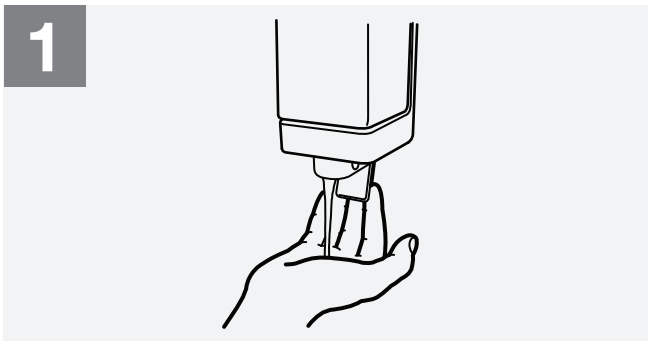
UMIJTE SI ROKE, KO SO VIDNO UMAZANE! DRUGAČE SI JIH RAZKUŽITE



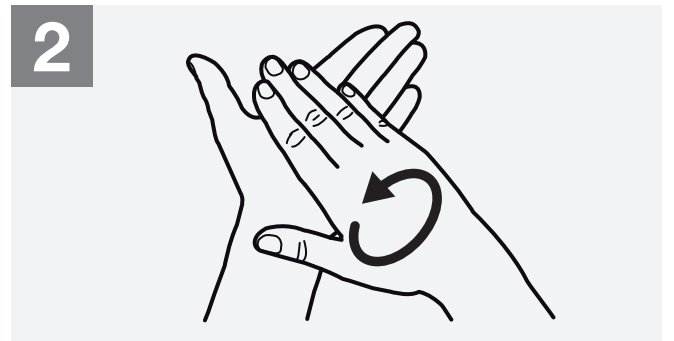
Čas celotnega postopka: 40-60 sekund



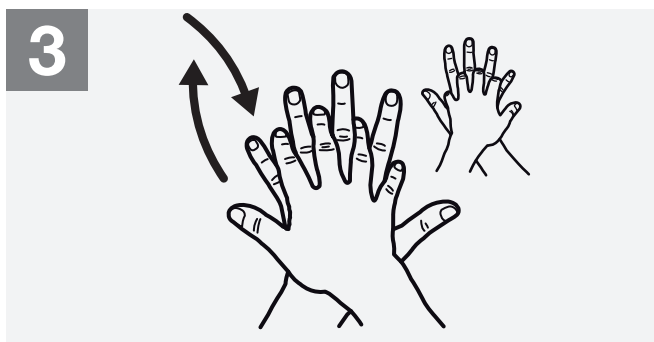
0 ROKE SI ZMOČITE Z VODO;



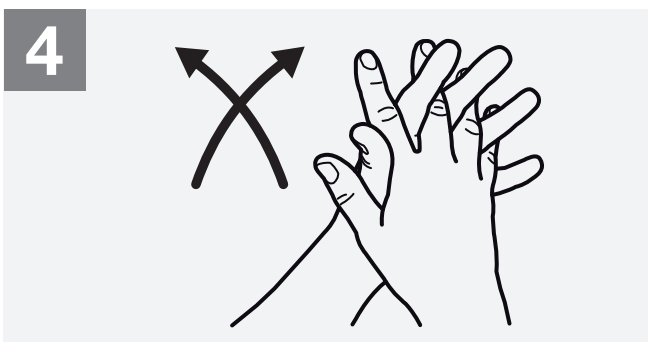
1 NA DLAN NANESITE ZADOSTNO KOLIČINO MILA;



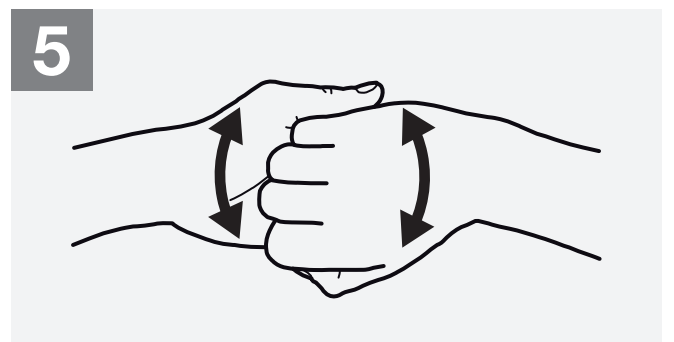
2 UMIJTE SI DLAN;



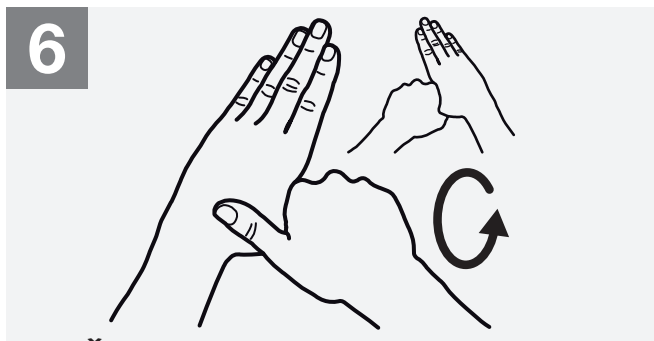
3 DESNO DLAN PREKO LEVE DLANI S PREPLETENIMI PRSTI IN OBRATNO;



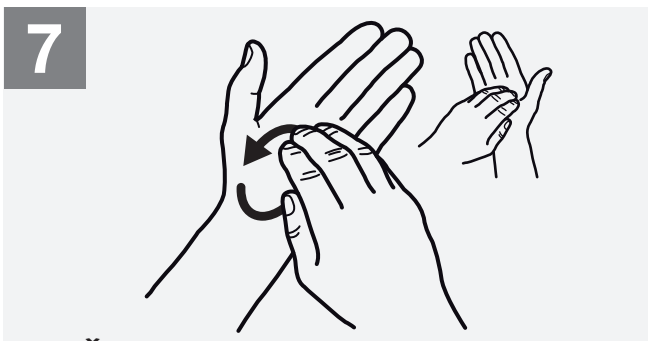
4 DLAN OB DLAN S PREKRIŽANIMI PRSTI;



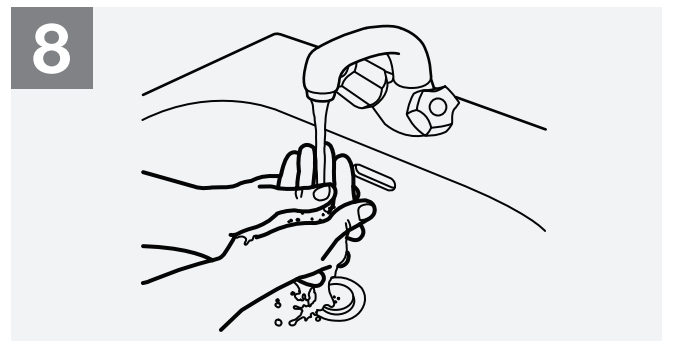
5 ZUNANJA STRAN PRSTOV NA NASPROTNI DLANI S PREKRIŽANIMI PRSTI;



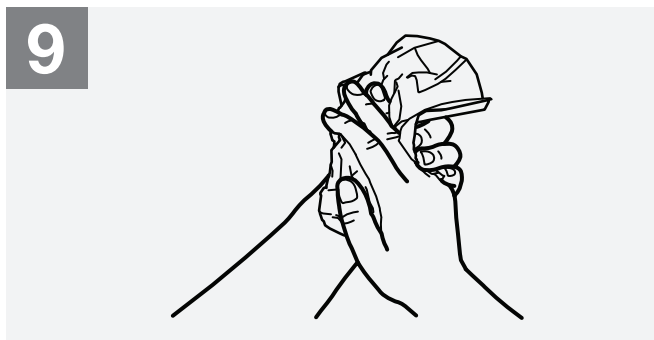
6 KROŽNO VTIRANJE LEVEGA PALCA V ZAPRTI DESNI DLANI IN OBRATNO;



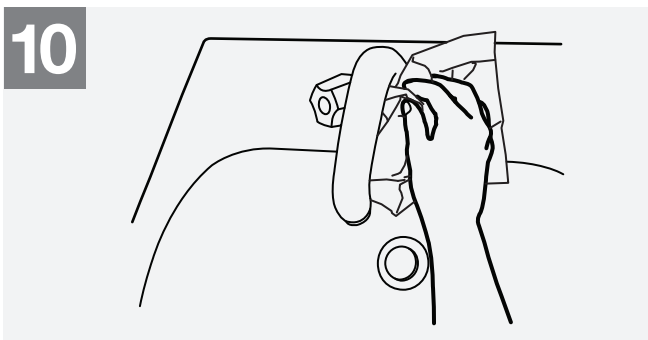
7 KROŽNO VTIRANJE S KONICAMI PRSTOV DESNE ROKE V LEVI DLANI IN OBRATNO;



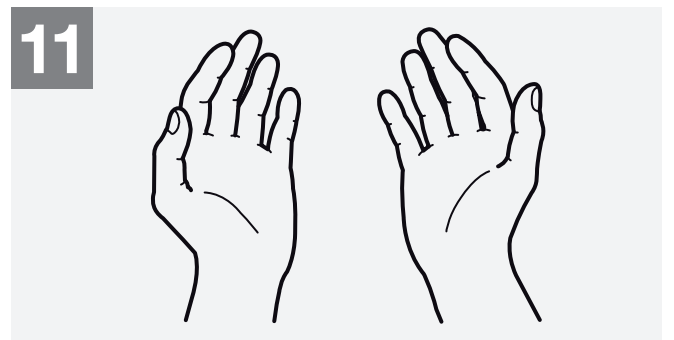
8 ROKE SPERITE Z VODO;



9 ROKE DOBRO OSUŠITE Z BRISAČO ZA ENKRATNO UPORABO;



10 UPORABITE BRISAČO, DA ZAPRETE PIPO;



11 VAŠE ROKE SO SEDAJ VARNE.



ONKOLOŠKI
INŠTITUT
LJUBLJANA

INSTITUTE
OF ONCOLOGY
LJUBLJANA