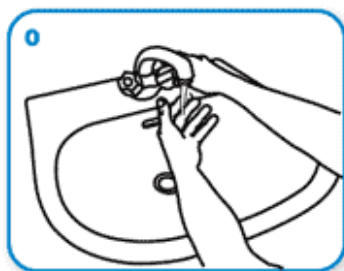
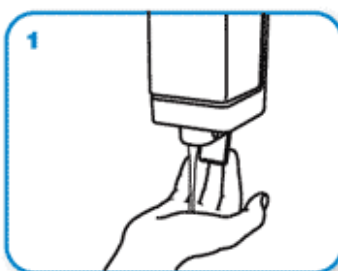


# Higijensko pranje ruku

Trajanje postupka: 30-60 sekundi



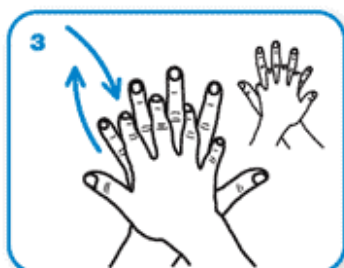
**Pokvasite ruke vodom**



**Nasapunjajte cele dlanove**



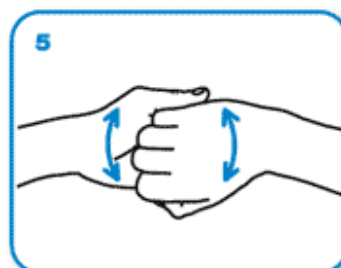
**Trljajte dlanove kružnim pokretima**



**Desnim dlanom trljajte levi između prstiju i obrnuto**



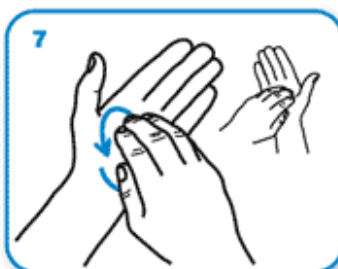
**Dlan o dlan ukrštenim prstima**



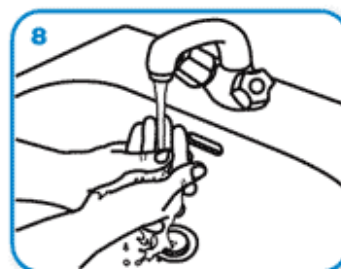
**Savijte prste i spoljnu stranu istrljajte drugim dlanom**



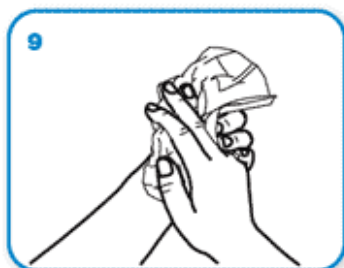
**Kružnim pokretima desnog dlana istrljajte levi palac i obrnuto**



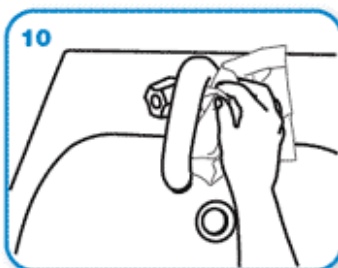
**Kružnim pokretima istrljajte skupljene prste desne ruke o levi dlan i obrnuto**



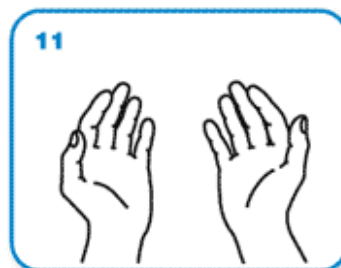
**Isperite ruke tekućom vodom**



**Dobro osušite ruke peškirom ili maramicom za jednokratnu upotrebu**



**Zatvorite slavinu peškirom**



**... i tvoje će ruke biti čiste.**