

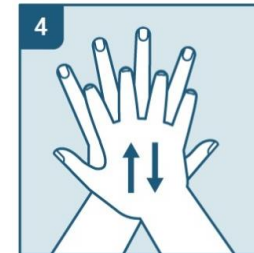
1
Namočite ruke pod tekućom vodom



2
Koristite dovoljnu količinu sapuna/ dezinficijensa kako biste prekrili cijelu površinu ruku



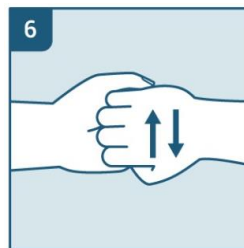
3
Trljajte dlanom o dlan



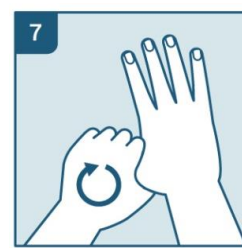
4
Trljajte dlan desne o nadlanicu lijeve ruke i obratno



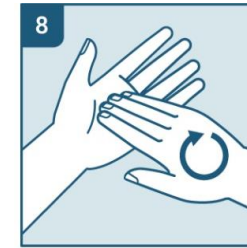
5
Isprepletite prste i trljajte dlanom o dlan



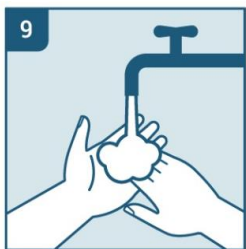
6
Obuhvatite prste suprotne ruke i trljajte



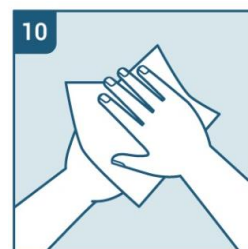
7
Kružnim pokretima jedne ruke trljajte palac druge ruke i obratno



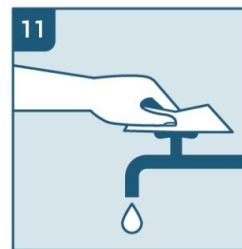
8
Vrhove prstiju desne ruke kružno trljajte o dlan lijeve ruke i obratno



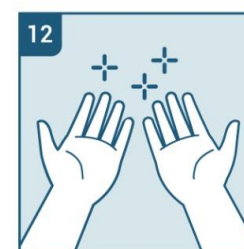
9
Ispreite ruke tekućom vodom



10
Osušite obje ruke papirnatim ručnikom



11
Upotrebljenim papirnatim ručnikom zatvorite slavinu za vodu



12
Sada su Vaše ruke čiste!