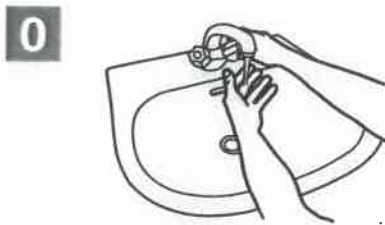


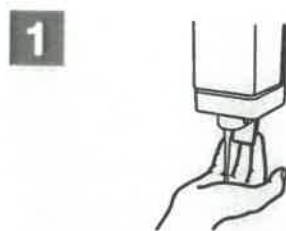
# Cum spalăm mainile?

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

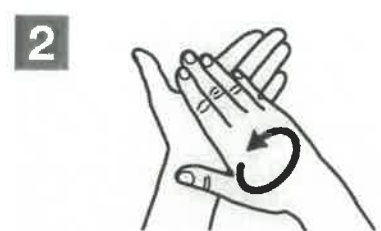
**🕒 Durata intregii proceduri: 20-30 secunde**



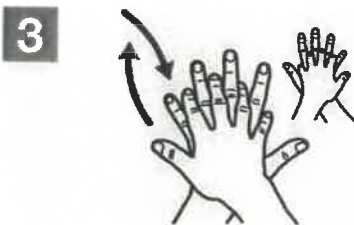
**Udati mainile cu apa.**



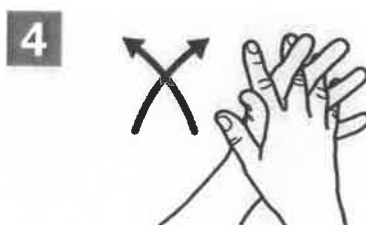
**Aplicati sapun suficient pentru a acoperi toata suprafata mainilor.**



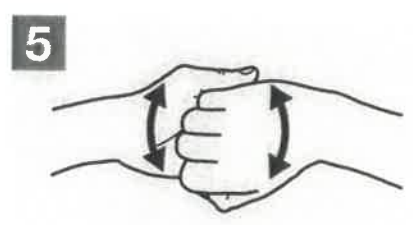
**Frecati mainile palma peste palma.**



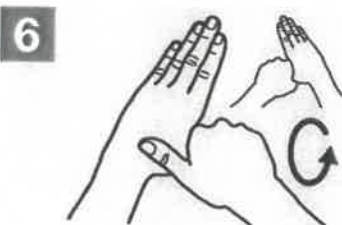
**Palma dreapta peste dosul palmei stangi cu impletirea degetelor si vice versa.**



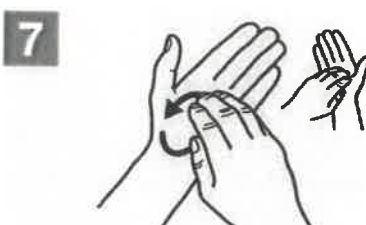
**Palma peste palma cu degetele impletite.**



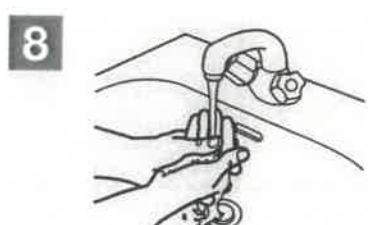
**Dosul degetelor pe palma opusa, cu degetele impreunate.**



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



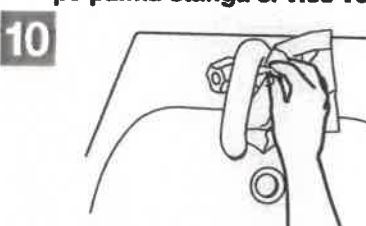
**Frecari rotative intr-un sens si celalalt cu degetele impreunate ale mainii dreapte, pe palma stanga si vice versa.**



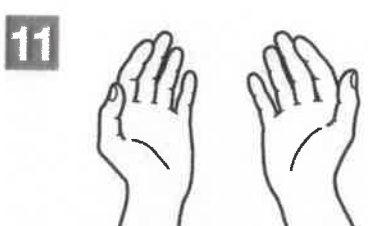
**Clatiti mainile cu apa**



**Uscati mainile cu un prosop de unica folosinta.**



**Inchideti robinetului folosind un prosop.**



**Odata uscate, procedura de spalare este terminata.**



World Health Organization



Ministerul Sanatatii



Institutul National de Sanatate Publica

CNEPSS

Centrul National de Eyaluare si Promovare a Starii de Sanatate