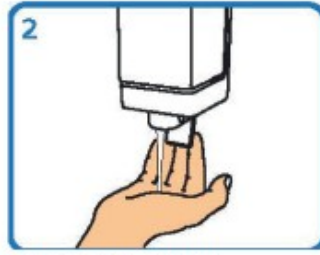


• Técnica do lavado de mans con auga e xabón •



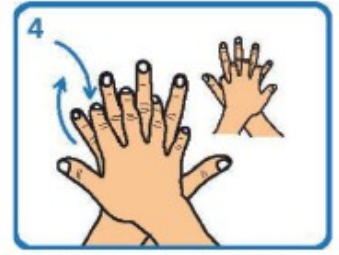
Humedecer as mans.



Aplicar suficiente xabón.



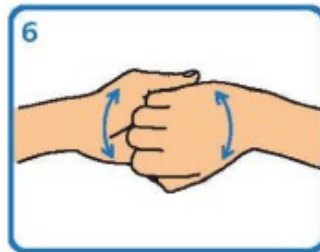
Fregar palma sobre palma.



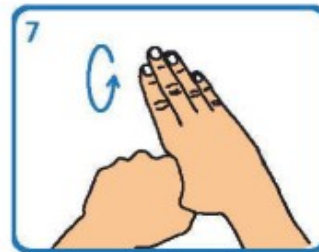
Fregar palma sobre dorso cos dedos entrelazados e viceversa.



Fregar palma sobre palma cos dedos entrelazados.



Fregar o dorso dos dedos sobre a palma oposta.



Fregar os polgares mediante un movemento rotatorio.



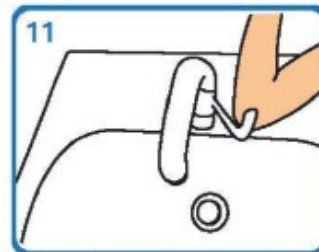
Fregar as xemas dos dedos sobre a palma da man contraria cun movemento circular.



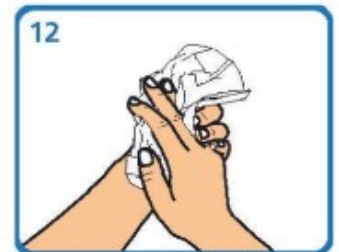
Fregar cada pulso coa man oposta.



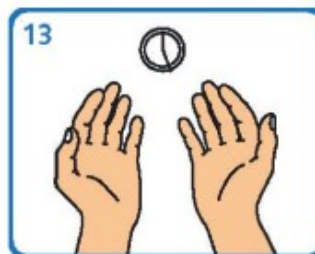
Aclarar con auga.



Pechar a billa co cóbado ou ben cunha toalla desbotable.



Secar cunha toalla de papel desbotable.



Este proceso debe levar entre 40 e 60 segundos.