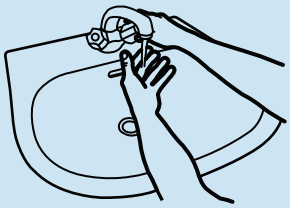
Nasveti za umivanje rok

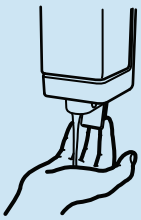
Novi koronavirus SARS-CoV-2

0



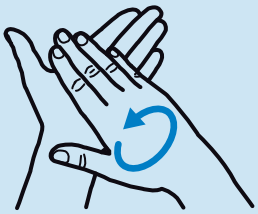
Pred umivanjem vedno odstranimo ves nakit. Roke najprej zmočimo pod toplo tekočo vodo.

1



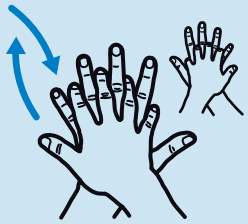
Roki namilimo.

2



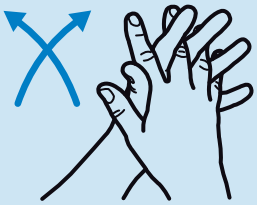
Milimo dlan ob dlan.

3



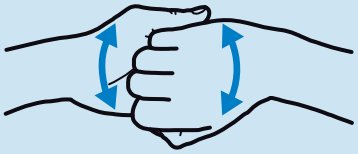
Z desno dlanjo milimo hrbtišče leve roke in obratno.

4



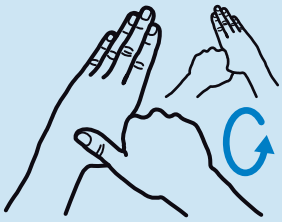
S prsti ene roke milimo med prsti druge roke.

5



S sklenjenimi rokami milimo z dlanjo proti dlani. Roki zamenjamo in ponovimo.

6

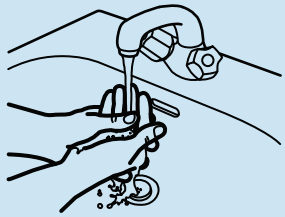


Z dlanjo krožno milimo stegnjen palec druge roke, roki zamenjamo in ponovimo.

7

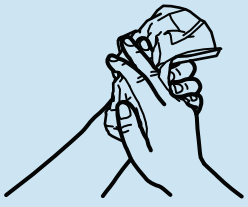
Konice prstov ene roke namilimo s krožnimi gibi v obe smeri po dlani druge roke. Roki zamenjamo in ponovimo.

8



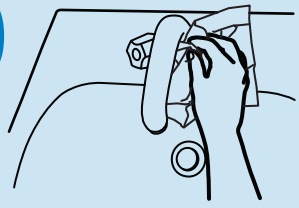
Roke temeljito speremo pod tekočo vodo.

9



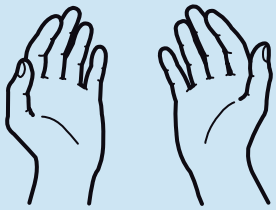
Roke dobro osušimo s papirnato brisačo.

10



Pipo zapremo s komolcem ali papirnato brisačo.

11



Roki milimo vsaj **1 minuto.**

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