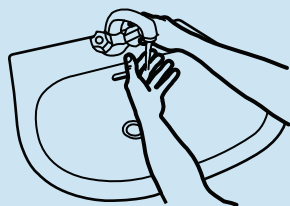


# Nasveti za umivanje rok

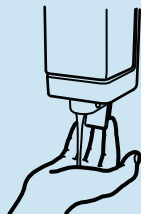
— Novi koronavirus SARS-CoV-2 —

0



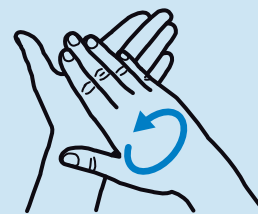
Pred umivanjem vedno odstranimo ves nakit. Roke najprej zmočimo pod toplo tekočo vodo.

1



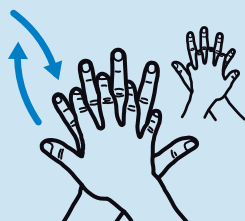
Roki namilimo.

2



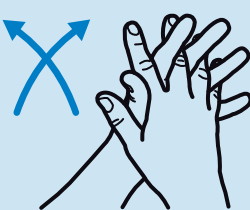
Milimo dlan ob dlan.

3



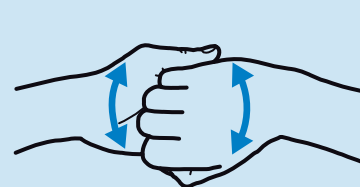
Z desno dlanjo milimo hrbtišče leve roke in obratno.

4



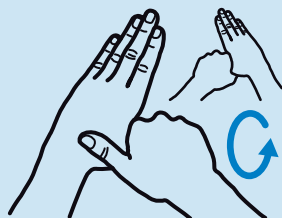
S prsti ene roke milimo med prsti druge roke.

5



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

6



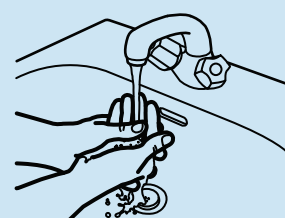
Z dlanjo krožno milimo stegnen palec druge roke, roki zamenjamo in ponovimo.

7



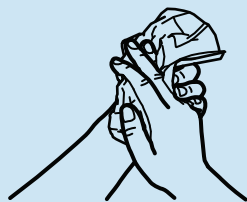
Konice prstov ene roke namilimo s krožnimi gibi v obe smeri po dlani druge roke. Roki zamenjamo in ponovimo.

8



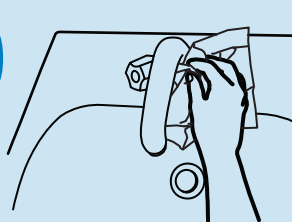
Roke temeljito speremo pod tekočo vodo.

9



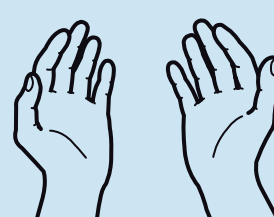
Roke dobro osušimo s papirnato brisačo.

10



Pipo zapremo s kolenčcem ali papirnato brisačo.

11



Roki milimo vsaj **1 minuto**.