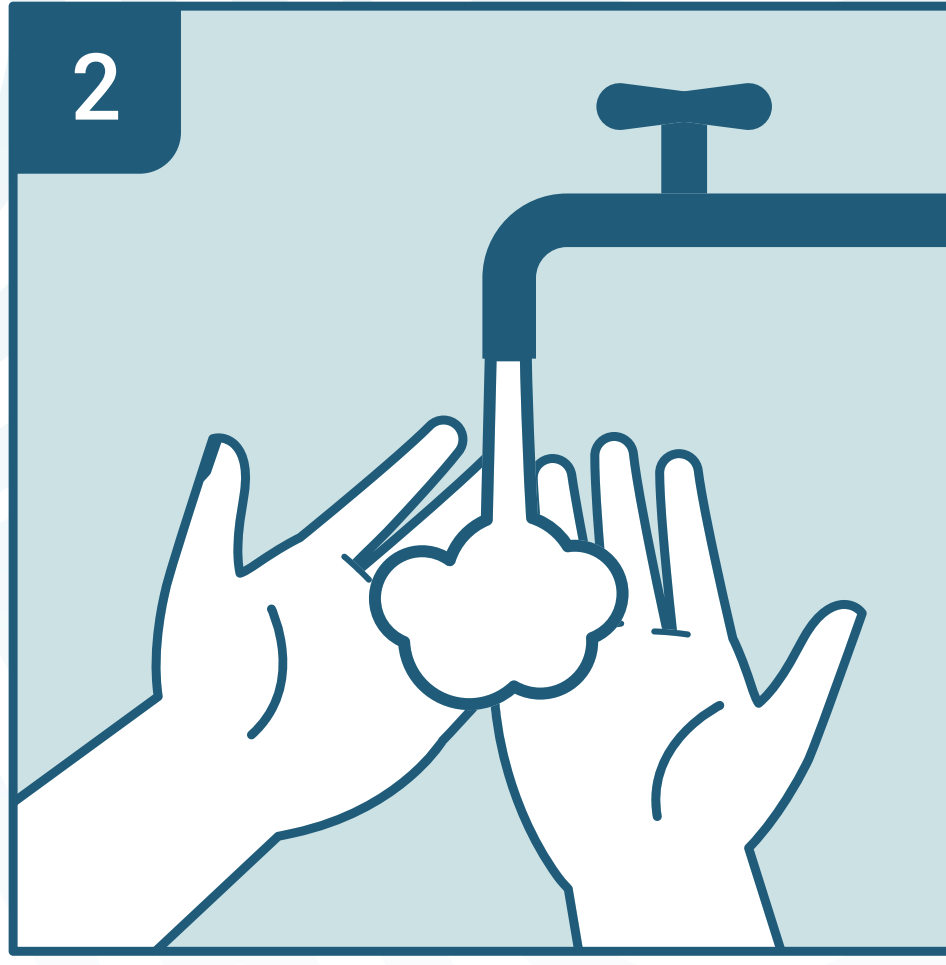




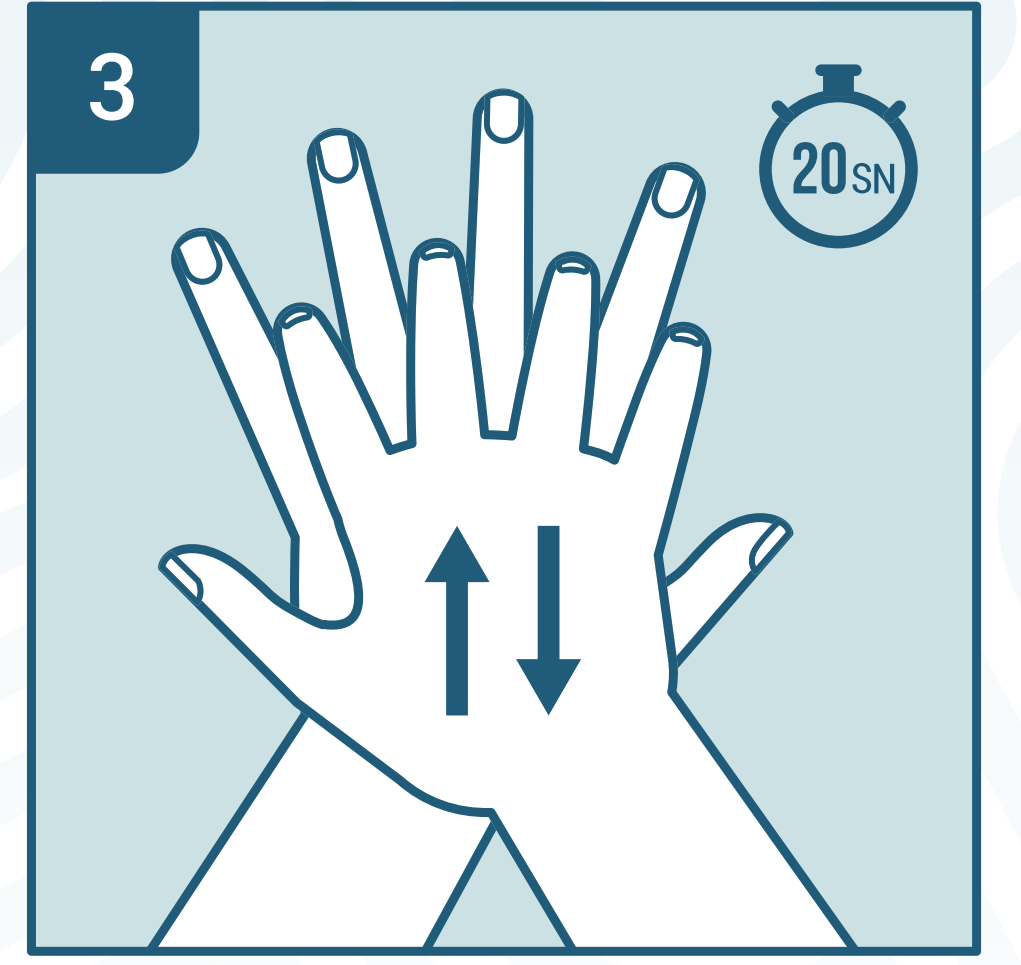
ELLERİMİZİ NASIL YIKAMALIYIZ?



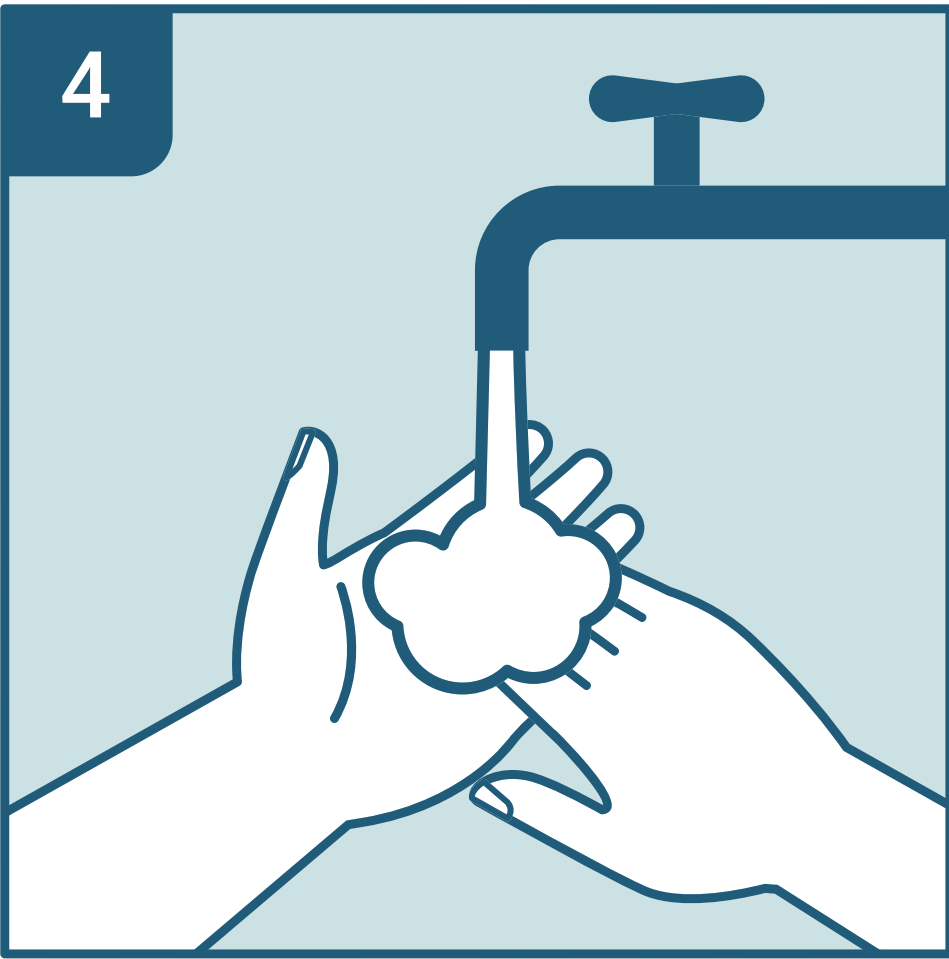
1
EL YIKAMA ÖNCESİNDE,
ELLERDEKİ YÜZÜK-SAAT
GİBİ AKSESUARLAR
ÇIKARILIR



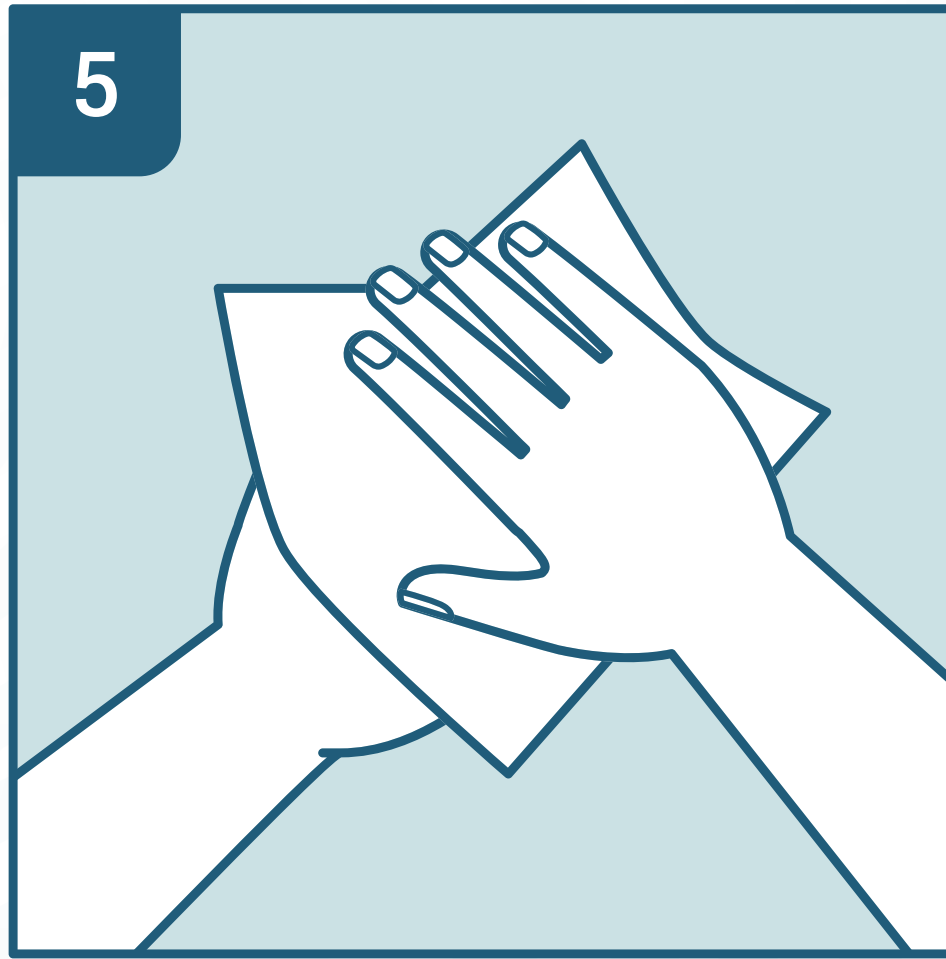
2
AKMAKTA OLAN SU
ALTINDA ELLER ISLATILIR



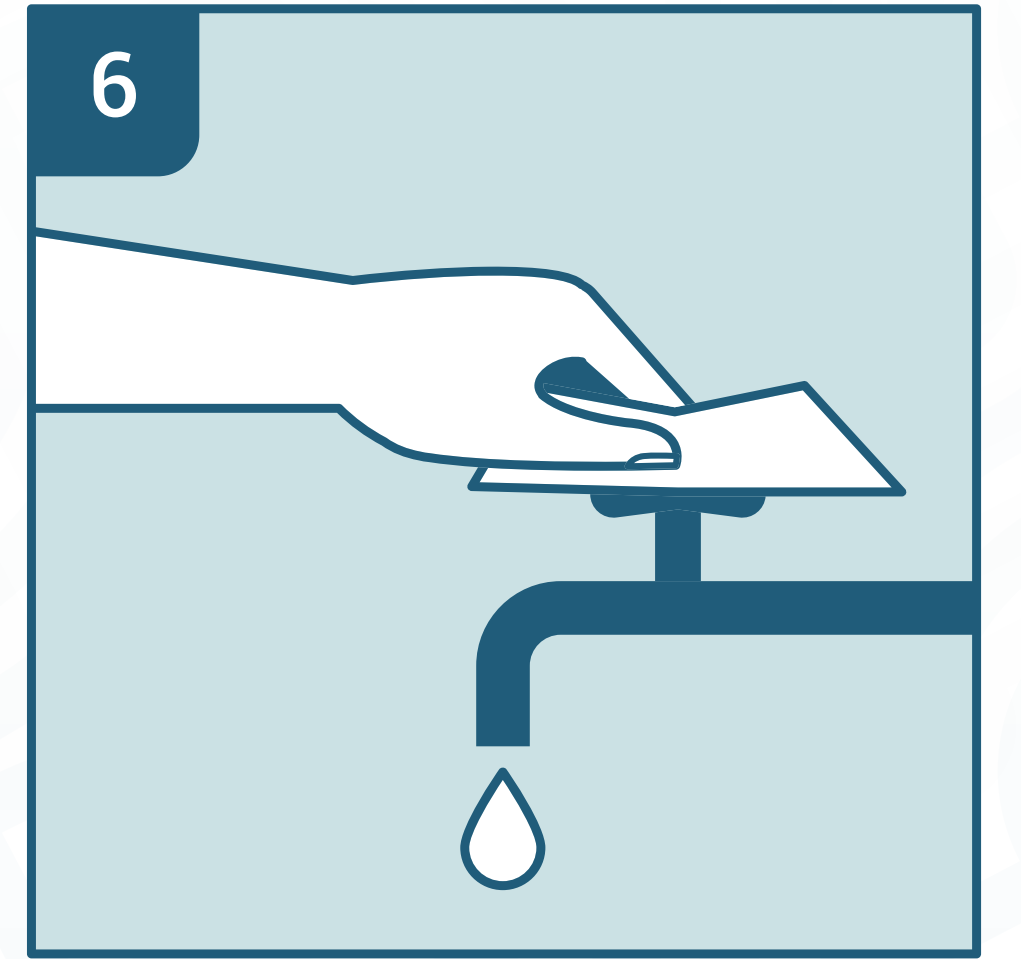
3
ELLER NORMAL SABUN İLE
KÖPÜRTÜLEREK EN AZ
20 SANİYE SÜREYLE
KUVVETLİCE OVAŞTURULUR
BİLEKLER, AVUÇ İÇİ, ELLERİN SIRT
VE PARMAK ARALARI İLE
TIRNAKLARIN KENAR VE UÇLARI



4
ELLER SU ALTINDA İYİCE
DURULANIR



5
ELLER BİLEKLERDEN
BAŞLAYARAK KÂĞIT HAVLU
İLE KURULANIR



6
AYNI KÂĞIT HAVLU İLE
MUSLUK KAPATILIR

