Ministero della Salute

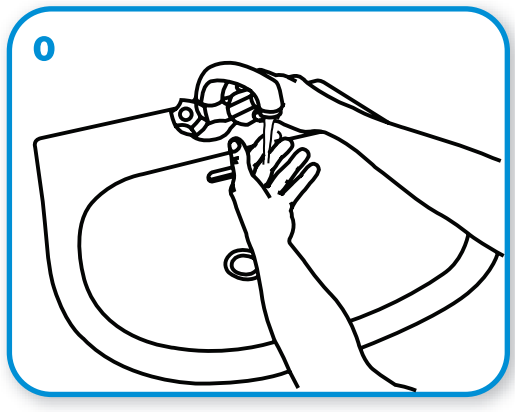
# Come lavarsi le mani con acqua e sapone?

Centro nazionale per la prevenzione e il Controllo delle Malattie

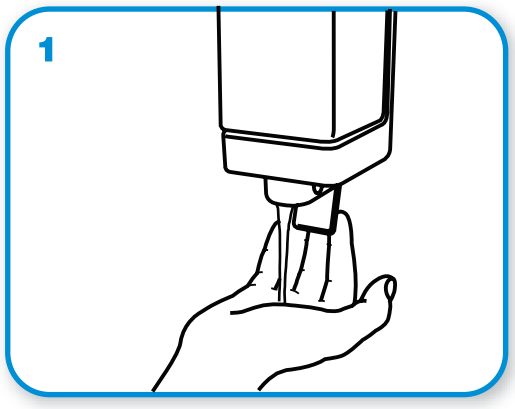
## LAVA LE MANI CON ACQUA E SAPONE, SOLTANTO SE VISIBILMENTE SPORCHE! ALTRIMENTI, SCEGLI LA SOLUZIONE ALCOLICA!

ASSC
Azienda Speciale di Servizi di Casalpusterlengo

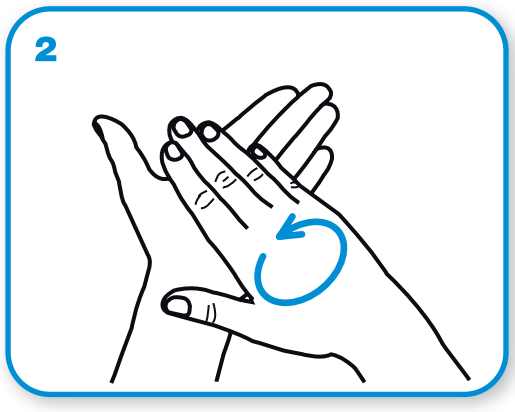
Durata dell'intera procedura: **40-60 secondi**



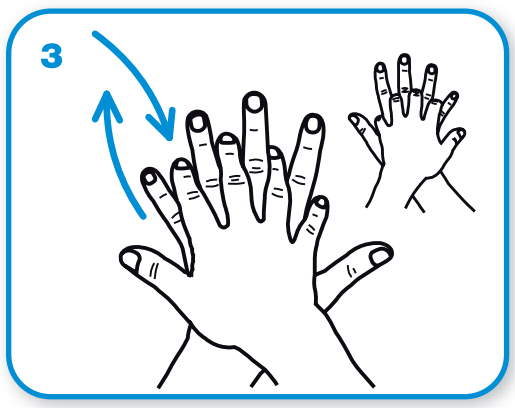

Bagna le mani con l'acqua



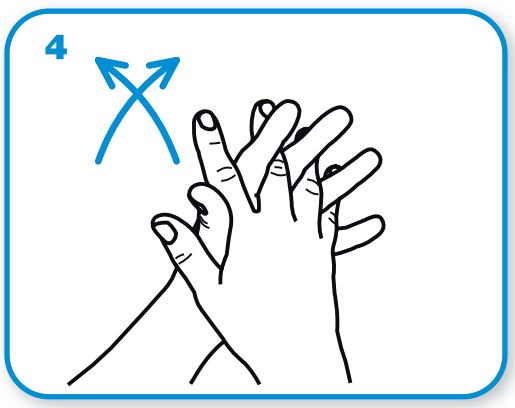

applica una quantità di sapone sufficiente per coprire tutta la superficie delle mani



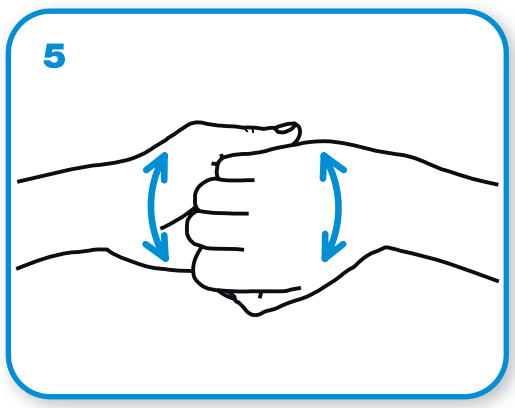

friziona le mani palmo contro palmo



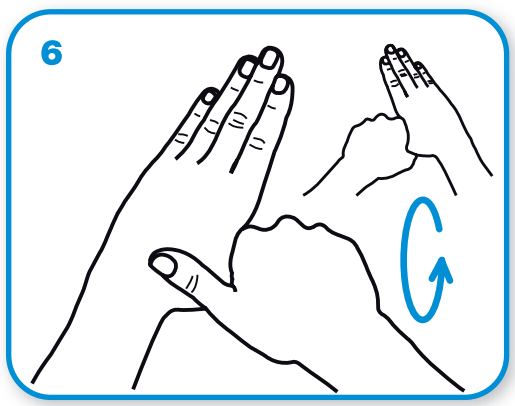

il palmo destro sopra il dorso sinistro intrecciando le dita tra loro e viceversa



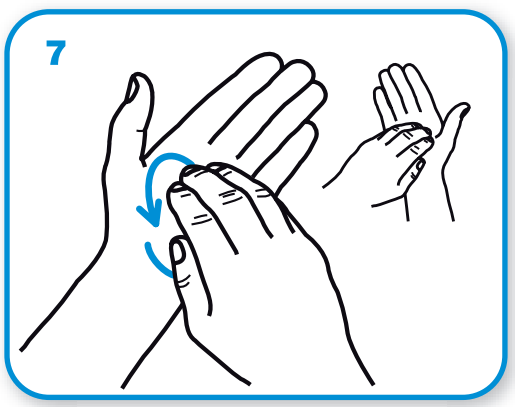

palmo contro palmo intrecciando le dita tra loro



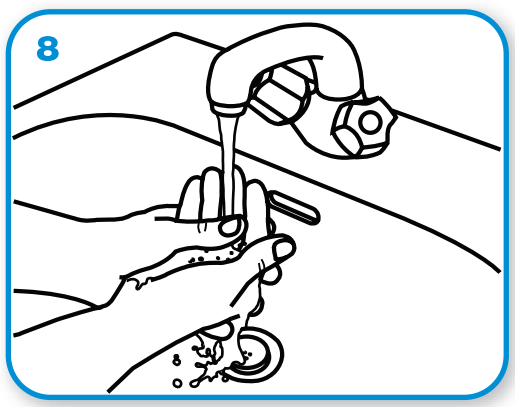

dorso delle dita contro il palmo opposto tenendo le dita strette tra loro



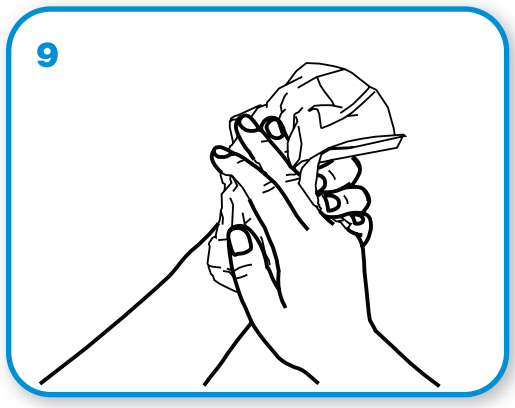

frizione rotazionale del pollice sinistro stretto nel palmo destro e viceversa



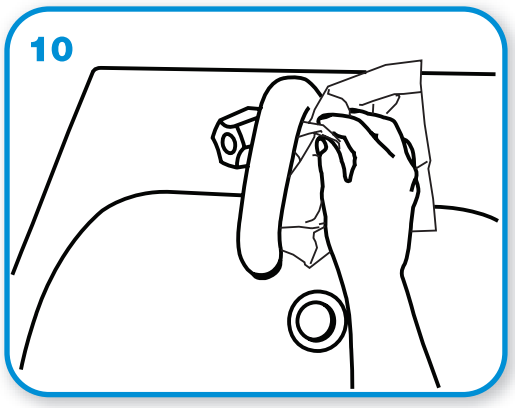

frizione rotazionale, in avanti ed indietro con le dita della mano destra strette tra loro nel palmo sinistro e viceversa



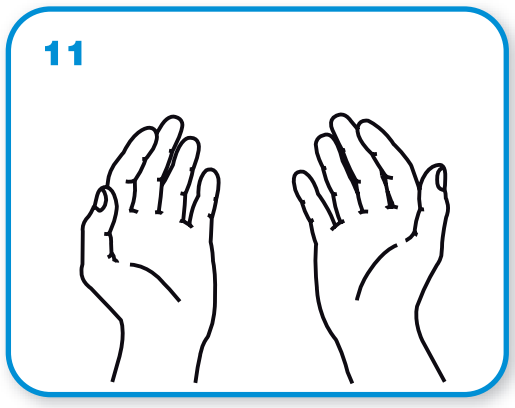

Risciacqua le mani con l'acqua




asciuga accuratamente con una salvietta monouso




usa la salvietta per chiudere il rubinetto




...una volta asciutte, le tue mani sono sicure.

WORLD ALLIANCE for PATIENT SAFETY

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World Health Organization

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