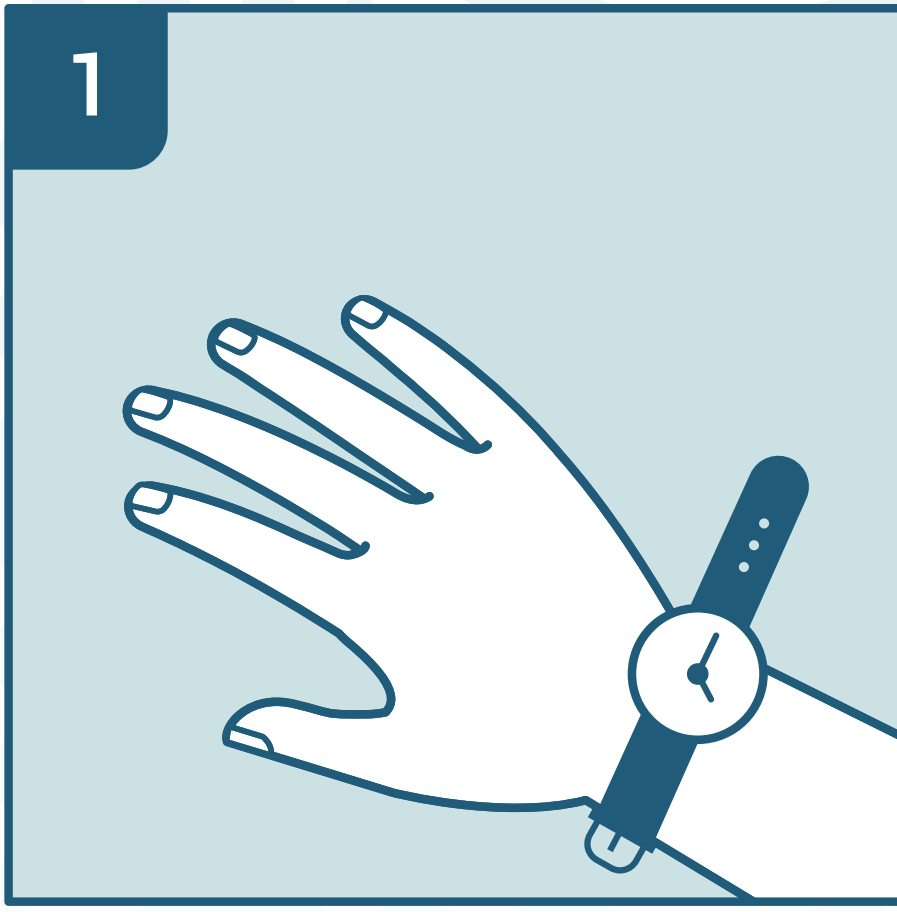
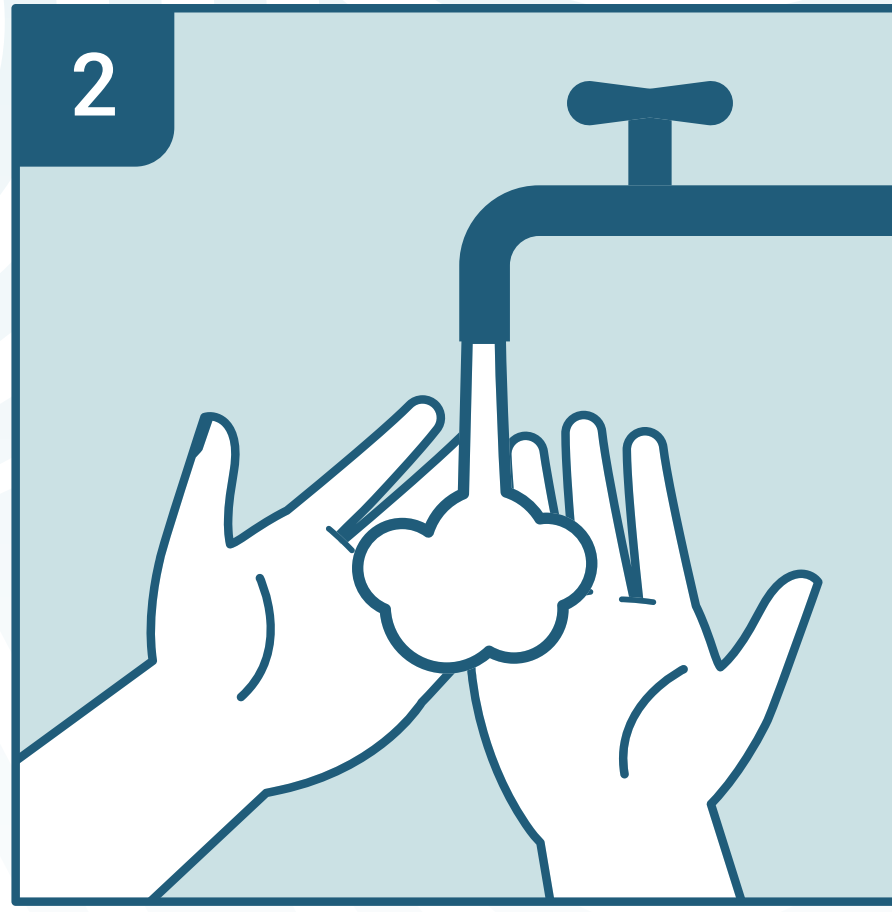




ELLERİMİZİ NASIL YIKAMALIYIZ?



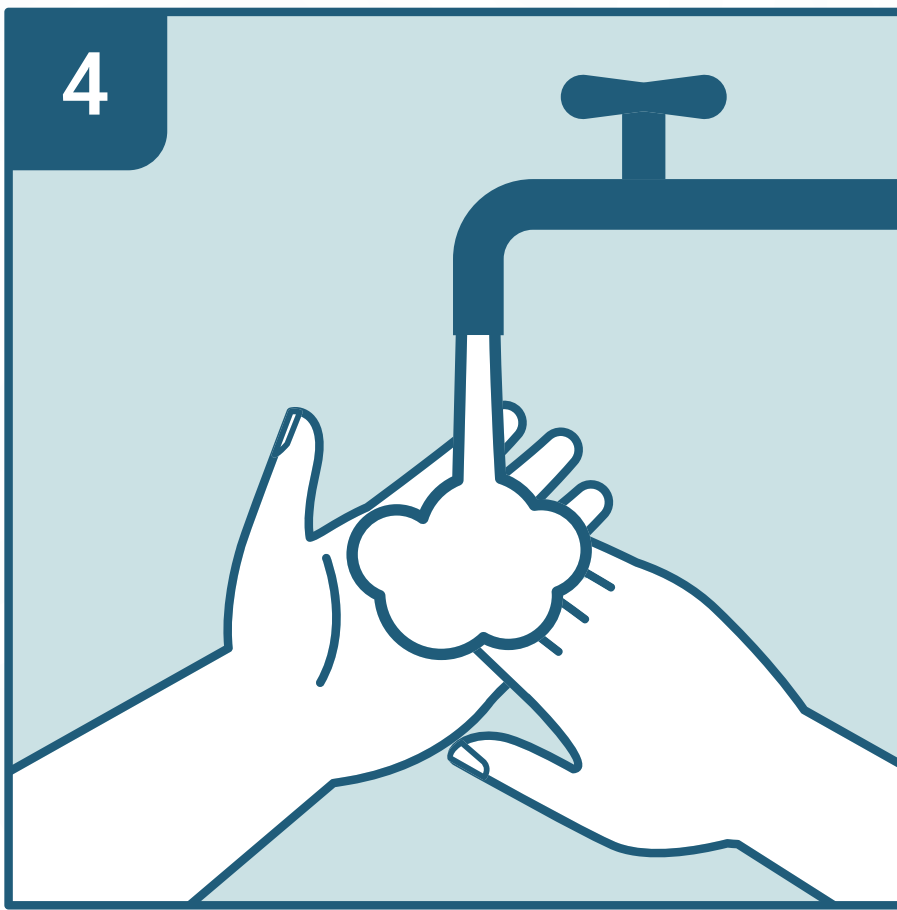
1
EL YIKAMA ÖNCESİNDE,
ELLERDEKİ YÜZÜK-SAAT
GIBI AKSESUARLAR
ÇIKARILIR.



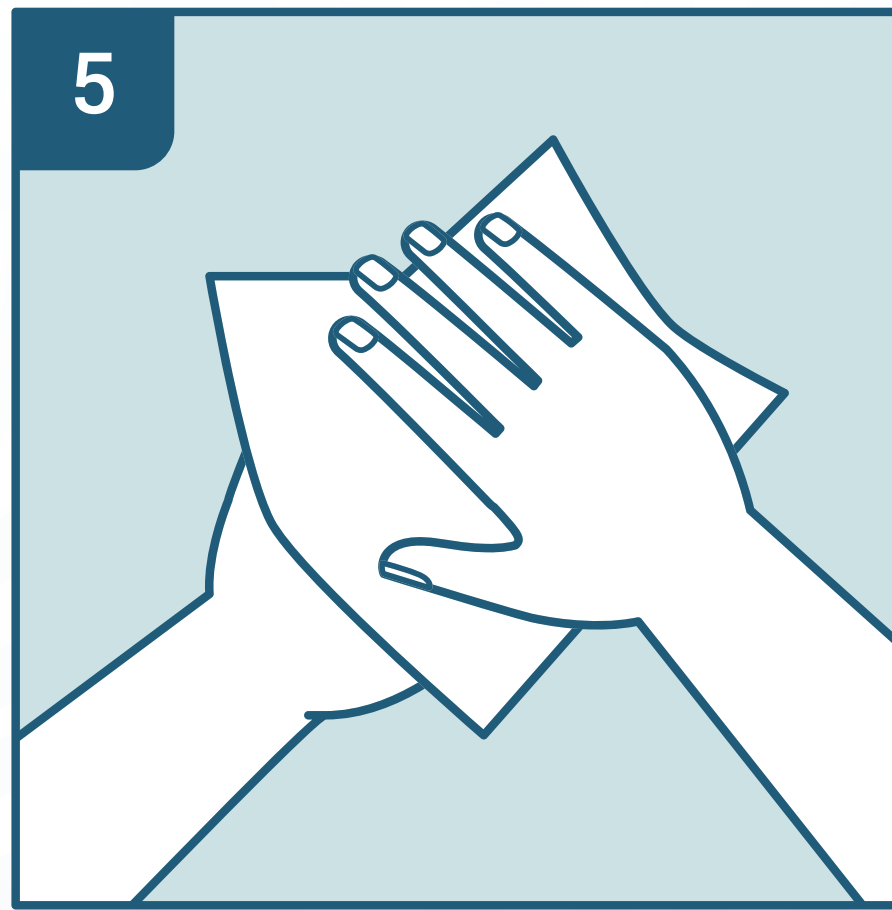
2
AKMAKTA OLAN SU
ALTINDA ELLER ISLATILIR.



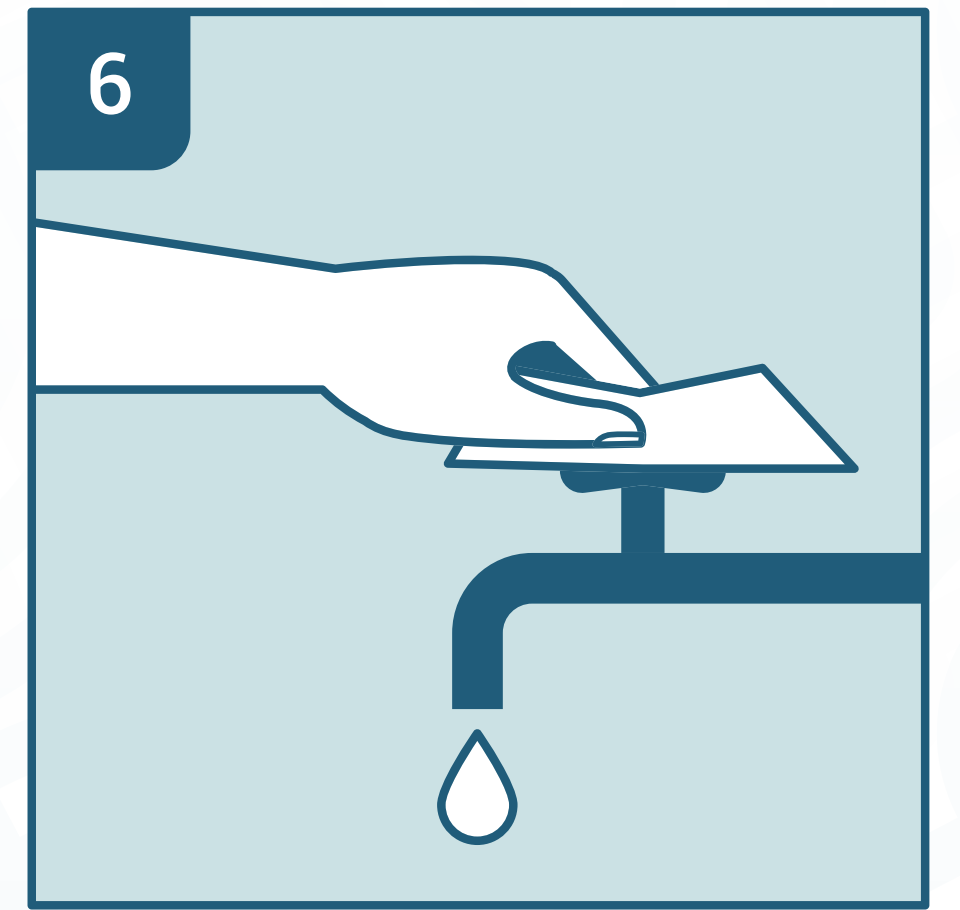
3
ELLER NORMAL SABUN İLE
KÖPÜRTÜLEREK EN AZ
20 SANİYE SÜREYLE
KUVVETLİCE OVIŞTURULUR.
BILEKLER, AVUÇ İÇİ, ELLERİN SIRT
VE PARMAK ARALARI İLE
TIRNAKLARIN KENAR VE UÇLARI



4
ELLER SU ALTINDA İYİCE
DURULANIR.



5
ELLER BILEKLERDEN
BAŞLAYARAK KÂĞIT HAVLU
İLE KURULANIR.



6
AYNI KÂĞIT HAVLU İLE
MUSLUK KAPATILIR.

