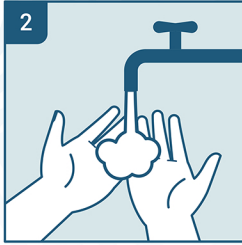




ELLERİMİZİ NASIL YIKAMALIYIZ?



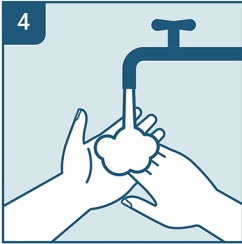
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EL YIKAMA ÖNCESİNDE,
ELLERDEKİ YÜZÜK-SAAT
GİBİ AKSESUARLAR
ÇIKARILIR



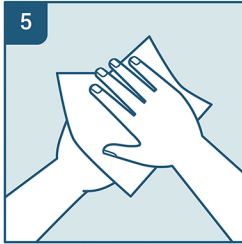
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AKMakta OLAN SU
ALTINDA ELLER ISLATILIR



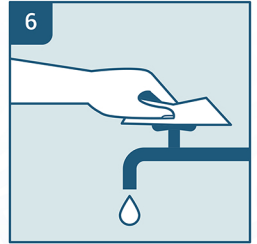
3
ELLER NORMAL SABUN İLE
KÖPÜRTÜLEREK EN AZ
20 SANİYE SÜREYLE
KUVVETLİCE OVIŞTURULUR
BİLEKLER, AVUÇ İÇİ, ELLERİN SIRT
VE PARMAK ARALARI İLE
TIRNAKLARIN KENAR VE UÇLARI



4
ELLER SU ALTINDA İYİCE
DURULANIR



5
ELLER BİLEKLERDEN
BAŞLAYARAK KÂĞIT HAVLU
İLE KURULANIR



6
AYNI KÂĞIT HAVLU İLE
MUSLUK KAPATILIR

