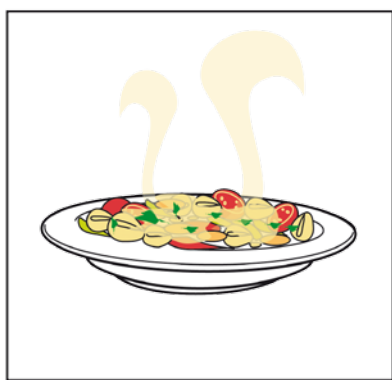


# tip doc

## Pranje ruku Dezinfekcija ruku



### Kada?



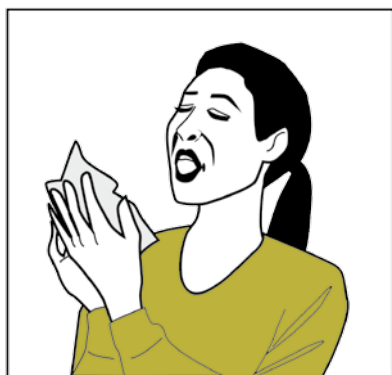
prije jela



svaki put nakon povratka kući



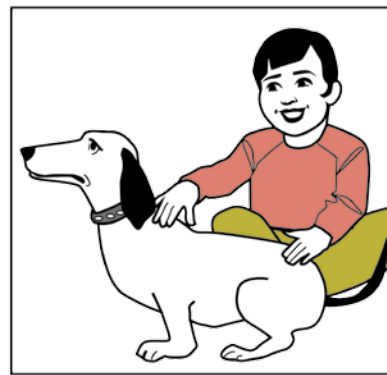
nakon odlaska u zahod



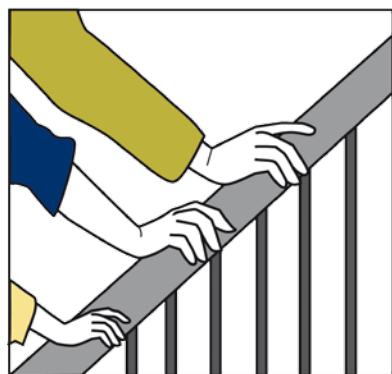
nakon kihanja



nakon kašljanja



nakon kontakta sa životinjama



nakon dodira predmeta, koje mnoga lica upotrebljavaju (rukohvat na stepeništu, kvaka na vratima)



nakon kontakta sa smećem

**Pranje ruku  
Dezinfekcija ruku** →

# tip doc

## Pranje ruku Dezinfekcija ruku

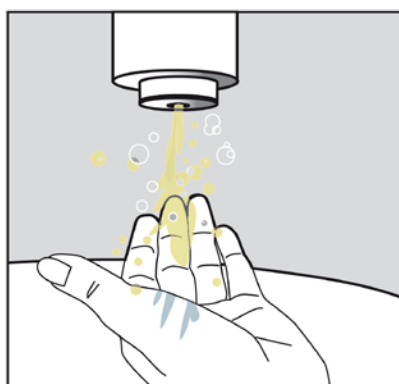
*Kako?*



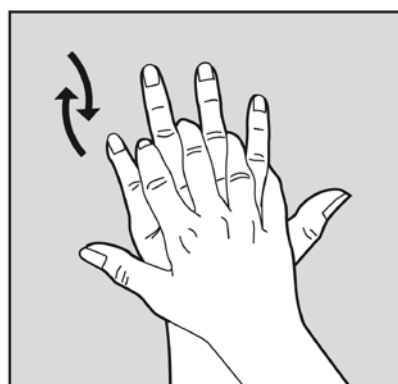
### Pranje ruku



**1.**  
Ruke smočiti



**2.**  
Ruke temeljito nasapunati



**3.**  
Ruke temeljito nasapunati



**4.**  
Ruke temeljito nasapunati



**5.**  
Ruke temeljito isprati

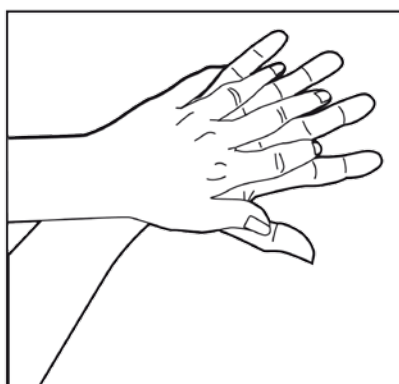


**6.**  
Ruke osušiti

### Dezinfekcija ruku



**7.**  
Uzeti dovoljno dezinfekcijskog sredstva na ruku



**8.**  
Temeljito i između prstiju utrljati