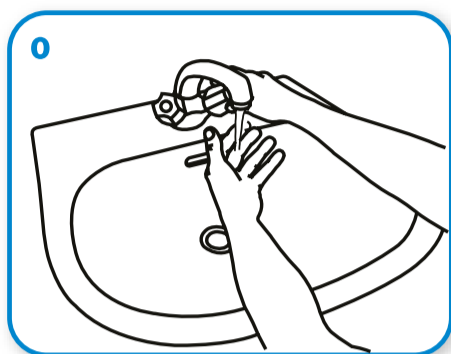


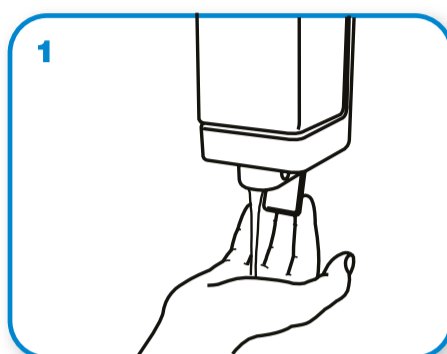
# COME LAVARSI LE MANI CON ACQUA E SAPONE



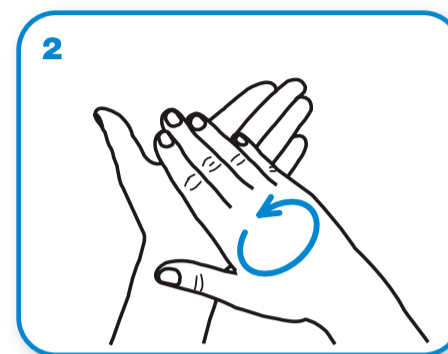
Durata dell'intera procedura: 40-60 secondi



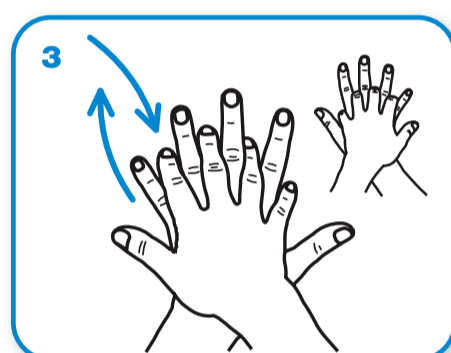
0  
bagna le mani con l'acqua



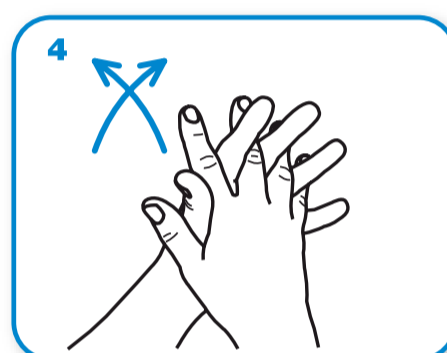
1  
applica una quantità di sapone sufficiente



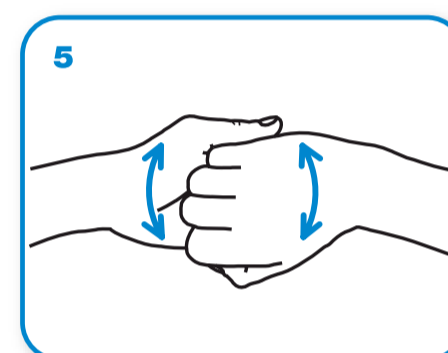
2  
friziona le mani palmo contro palmo



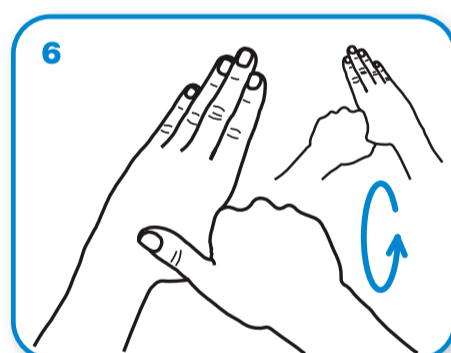
3  
il palmo destro sopra il dorso sinistro, intreccia le dita e viceversa



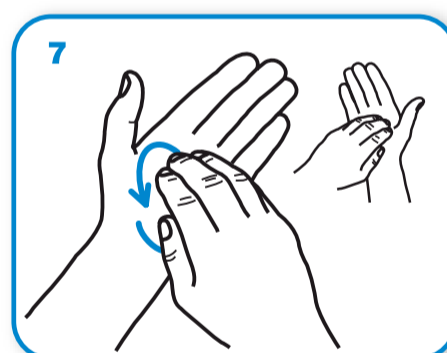
4  
palmo contro palmo intrecciando le dita tra loro



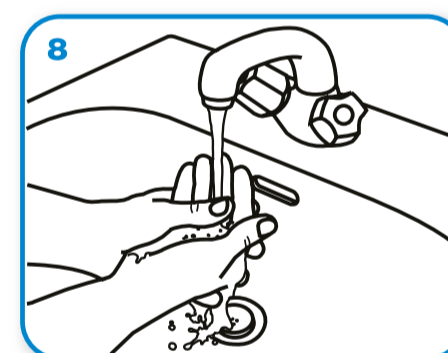
5  
dorso delle dita contro il palmo opposto tenendo le dita strette tra loro



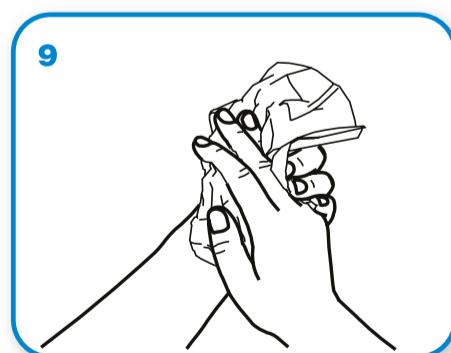
6  
friziona ruotando il pollice sinistro stretto nel palmo destro e viceversa



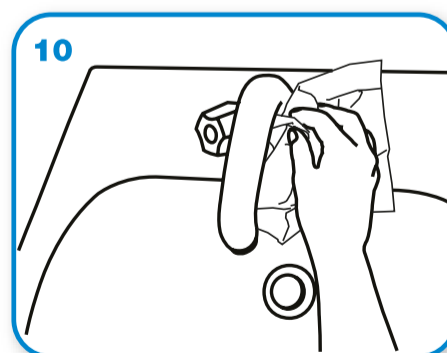
7  
friziona con le dita della mano destra strette tra loro nel palmo sinistro e viceversa



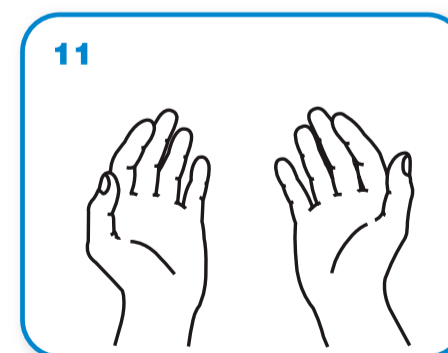
8  
risciacqua le mani con l'acqua



9  
asciuga accuratamente con uno straccio monouso



10  
usa lo straccio per chiudere il rubinetto



11  
una volta asciutte, le tue mani sono sicure.