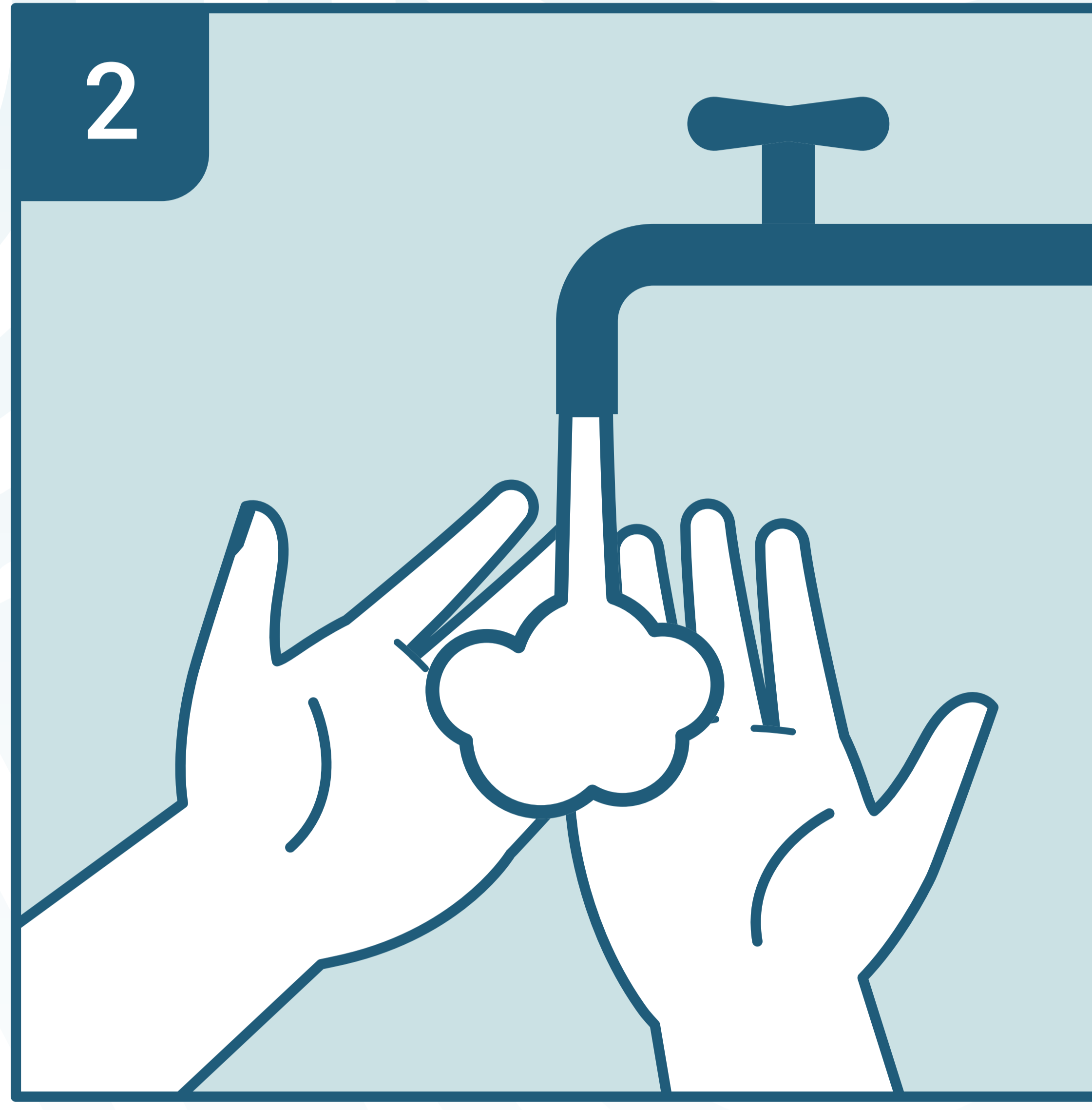




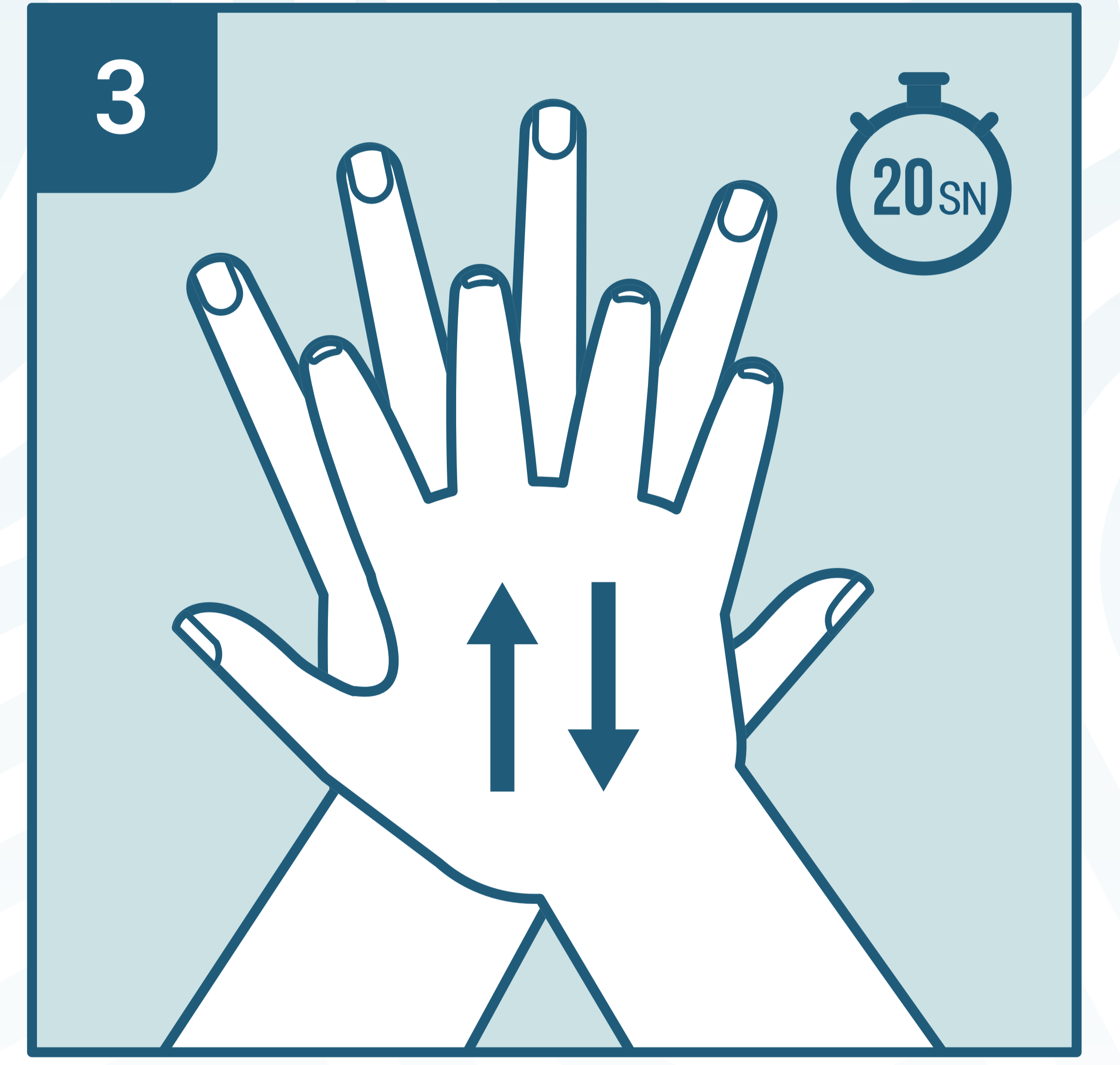
# ELLERİMİZİ NASIL YIKAMALIYIZ?



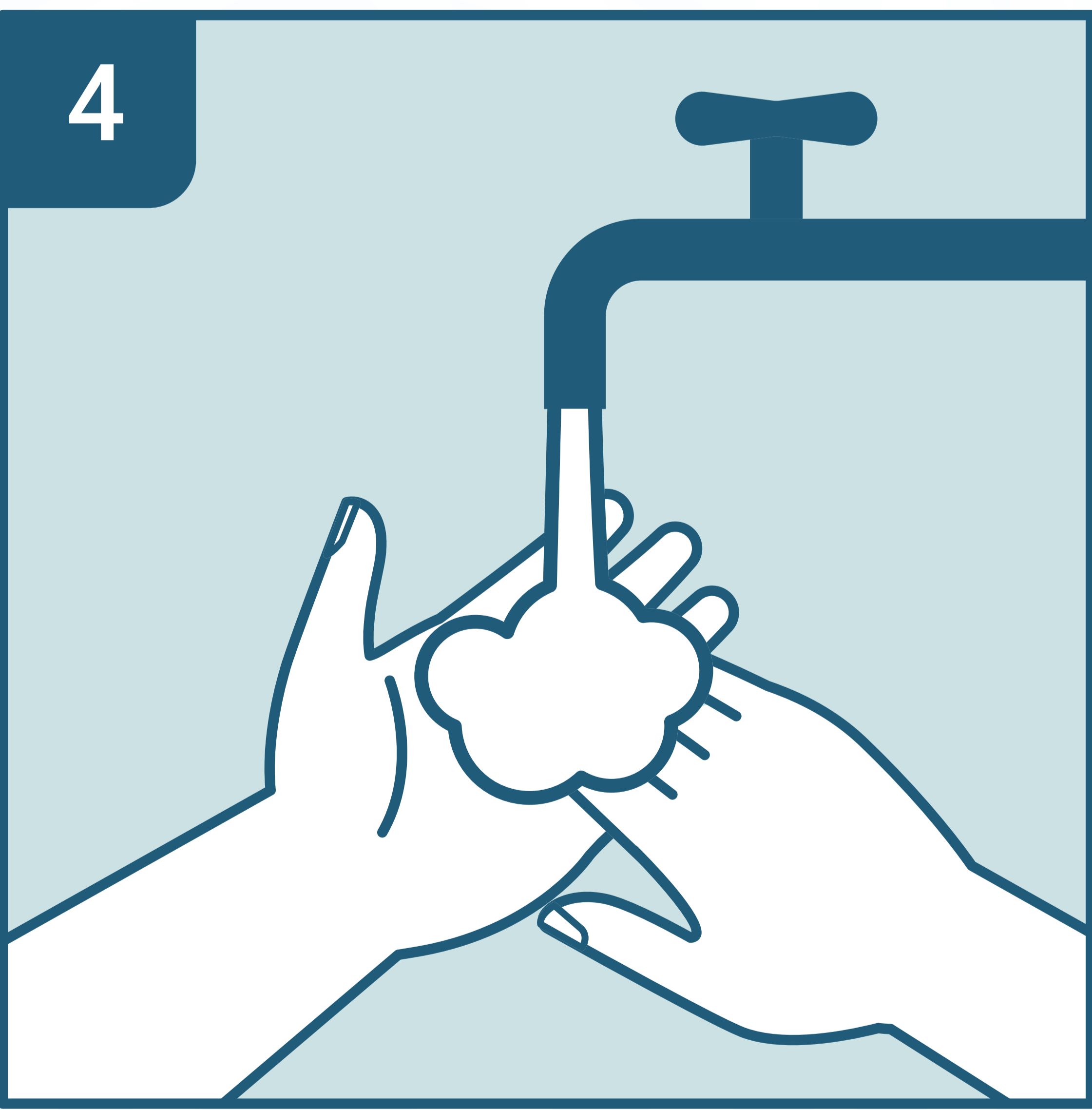
**1**  
EL YIKAMA ÖNCESİNDE,  
ELLERDEKİ YÜZÜK-SAAT  
GİBİ AKSESUARLAR  
ÇIKARILIR



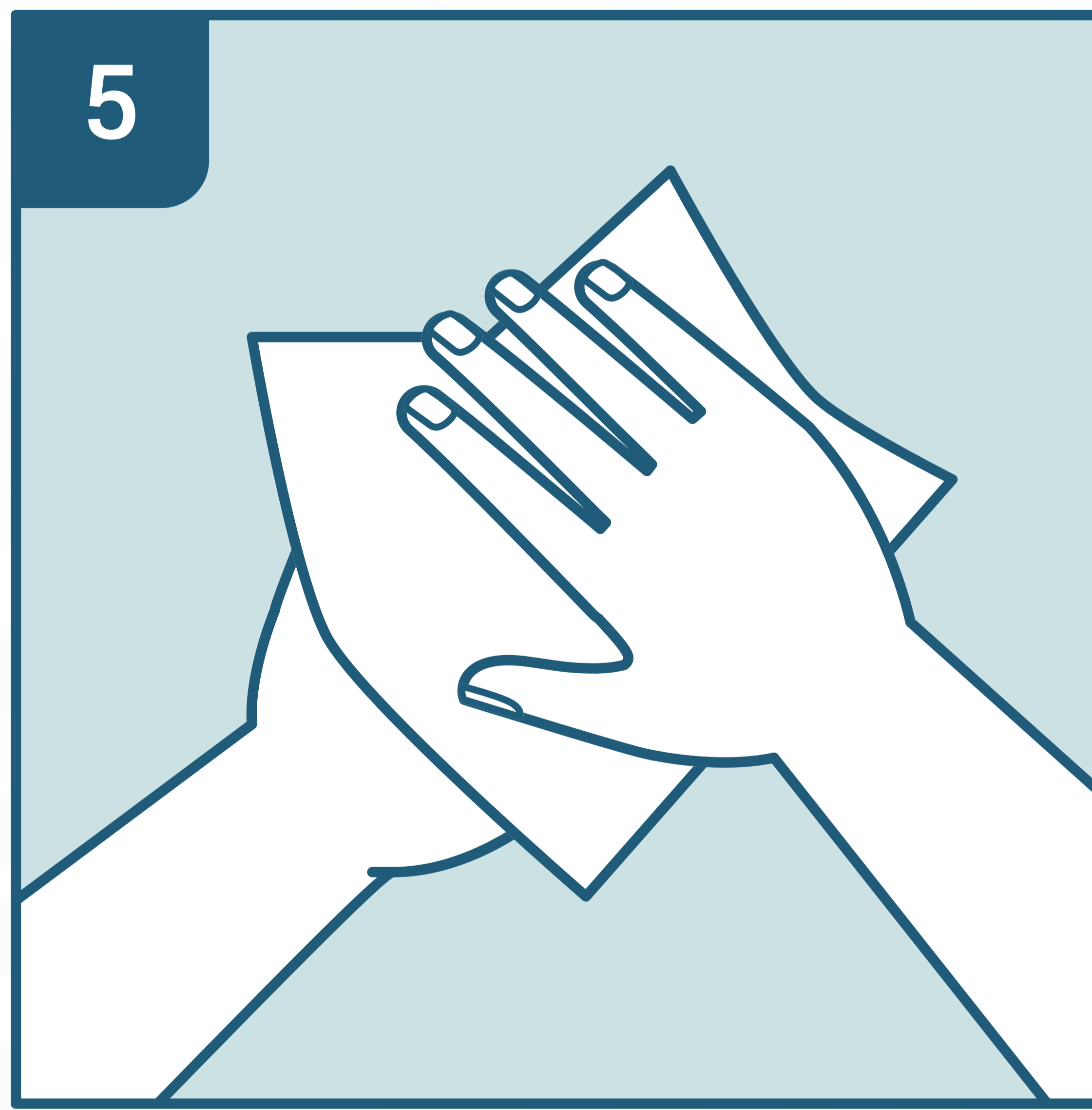
**2**  
AKMAKTA OLAN SU  
ALTINDA ELLER ISLATILIR



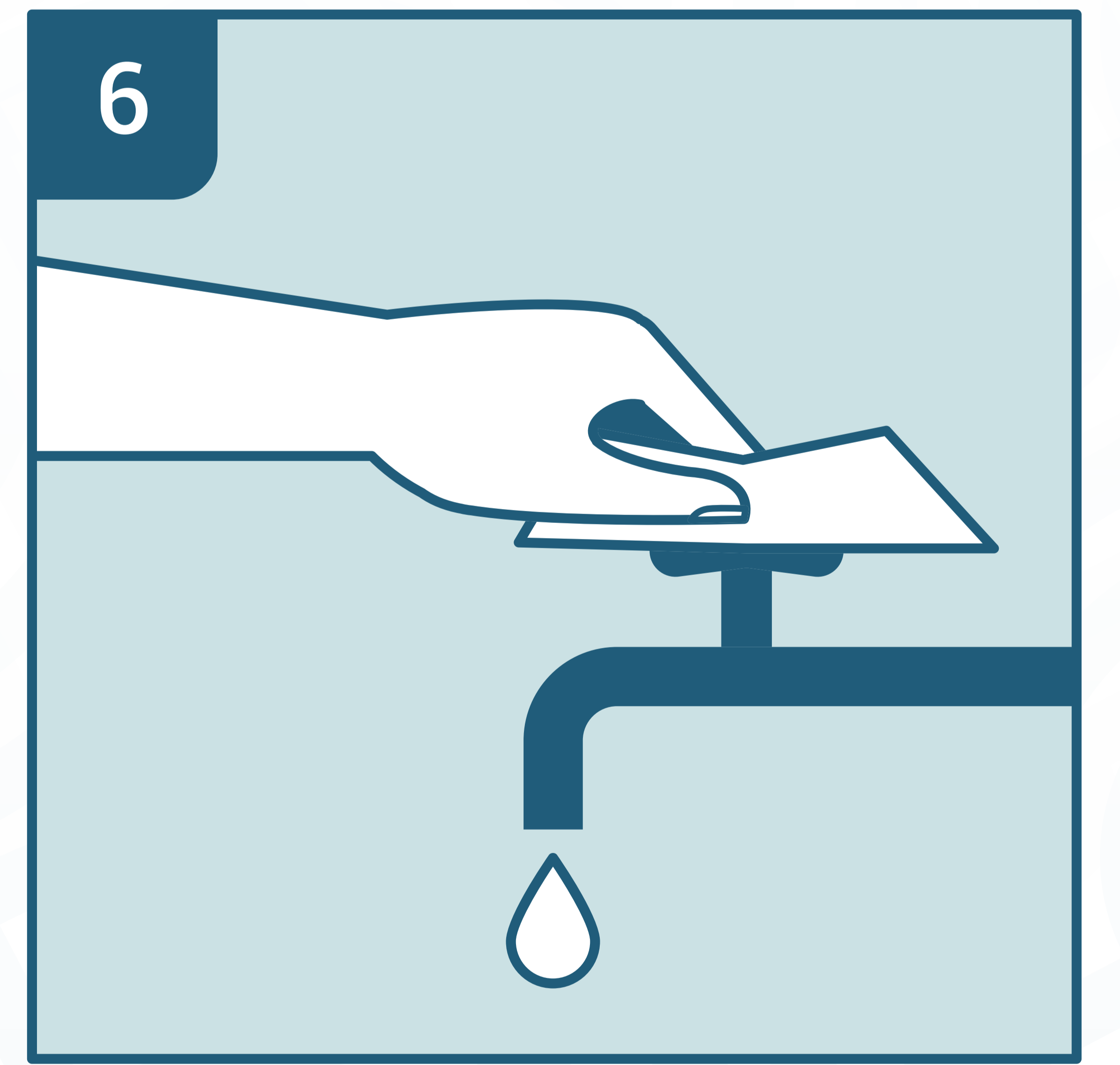
**3**  
ELLER NORMAL SABUN İLE  
KÖPÜRTÜLEREK EN AZ  
20 SANİYE SÜREYLE  
KUVVETLİCE OVIŞTURULUR  
BİLEKLER, AVUÇ İÇİ, ELLERİN SIRT  
VE PARMAK ARALARI İLE  
TIRNAKLARIN KENAR VE UÇLARI



**4**  
ELLER SU ALTINDA İYİCE  
DURULANIR



**5**  
ELLER BİLEKLERDEN  
BAŞLAYARAK KÂĞIT HAVLU  
İLE KURULANIR



**6**  
AYNI KÂĞIT HAVLU İLE  
MUSLUK KAPATILIR

