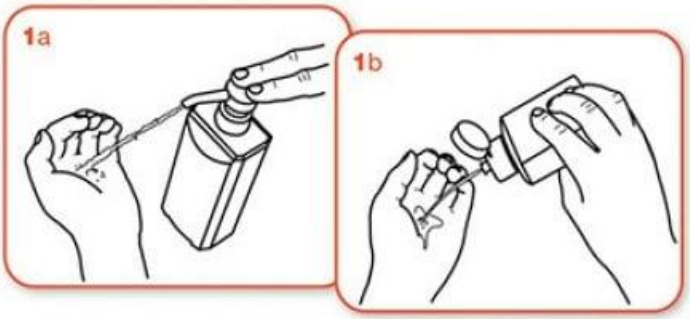
Ministero della Salute

CCM
Centro nazionale per la prevenzione e il Controllo delle Malattie

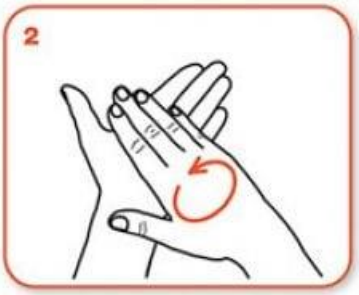
Come frizionare le mani con la soluzione alcolica?

USA LA SOLUZIONE ALCOLICA PER L'IGIENE DELLE MANI!
LAVALE CON ACQUA E SAPONE SOLTANTO SE VISIBILMENTE SPORCHE!

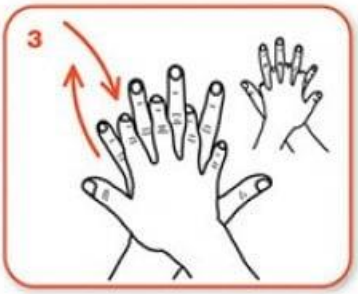
Durata dell'intera procedura: **20-30 secondi**



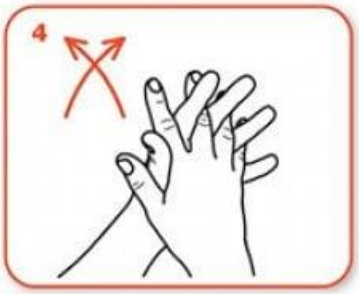
Versare nel palmo della mano una quantità di soluzione sufficiente per coprire tutta la superficie delle mani.



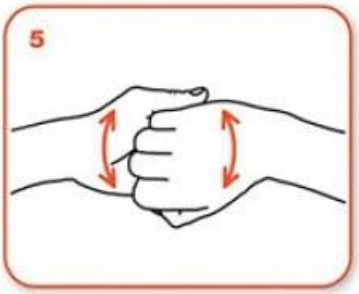
frizionare le mani palmo contro palmo



il palmo destro sopra il dorso sinistro intrecciando le dita tra loro e viceversa

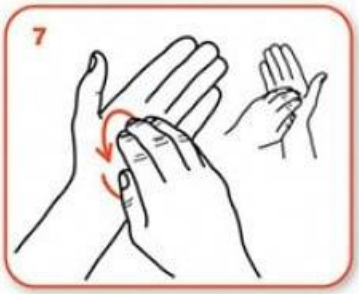


palmo contro palmo intrecciando le dita tra loro

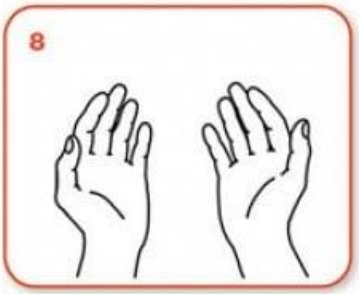


dorso delle dita contro il palmo opposto tenendo le dita strette tra loro

frizione rotazionale del pollice sinistro stretto nel palmo destro e viceversa



frizione rotazionale, in avanti ed indietro con le dita della mano destra strette tra loro nel palmo sinistro e viceversa



...una volta asciutte, le tue mani sono sicure.

WORLD ALLIANCE for PATIENT SAFETY

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

October 2006, version 1.

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Ministero della Salute

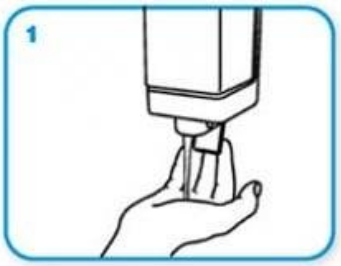
Come lavarsi le mani con acqua e sapone?

CCM Centro nazionale per la prevenzione e il Controllo delle Malattie

LAVA LE MANI CON ACQUA E SAPONE, SOLTANTO SE VISIBILMENTE SPORCHE! ALTRIMENTI, SCEGLI LA SOLUZIONE ALCOLICA!

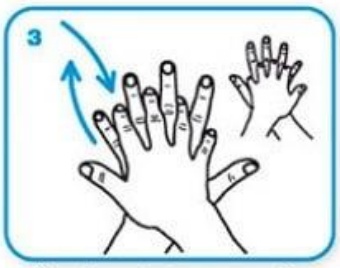
Durata dell'intera procedura: **40-60 secondi**

Bagna le mani con l'acqua

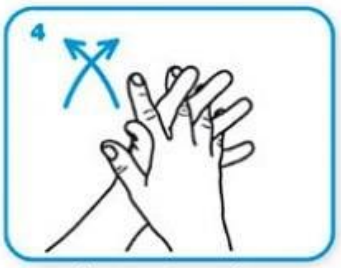


applica una quantità di sapone sufficiente per coprire tutta la superficie delle mani

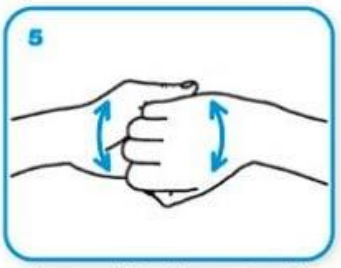
friziona le mani palmo contro palmo



il palmo destro sopra il dorso sinistro intrecciando le dita tra loro e viceversa

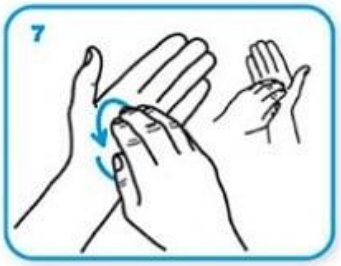


palmo contro palmo intrecciando le dita tra loro



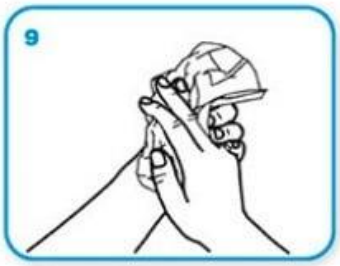
dorso delle dita contro il palmo opposto tenendo le dita strette tra loro

frizione rotazionale del pollice sinistro stretto nel palmo destro e viceversa

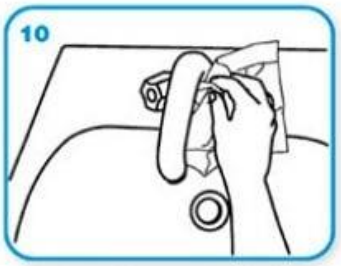


frizione rotazionale, in avanti ed indietro con le dita della mano destra strette tra loro nel palmo sinistro e viceversa

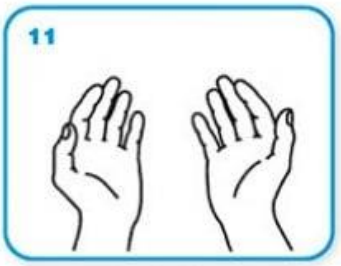
Risciacqua le mani con l'acqua



asciuga accuratamente con una salvietta monouso



usa la salvietta per chiudere il rubinetto



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