



Ministero della Salute

# Come lavarsi le mani con acqua e sapone?

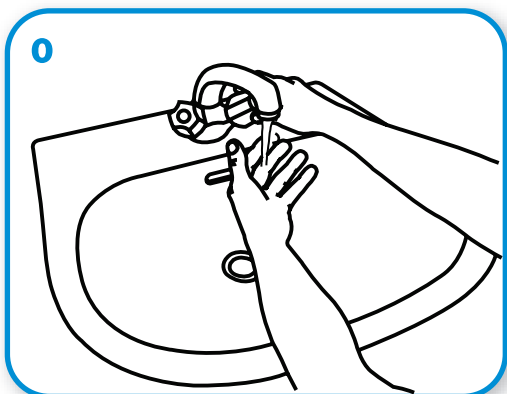


Centro nazionale per la prevenzione  
e il Controllo delle Malattie

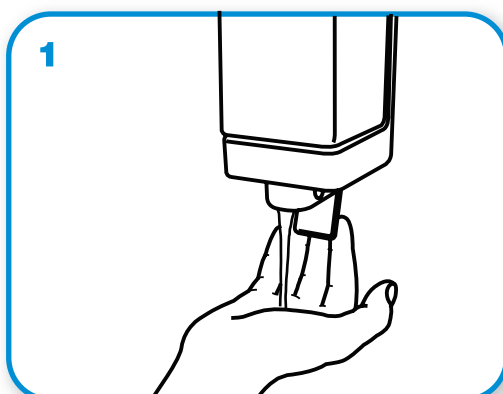
**LAVA LE MANI CON ACQUA E SAPONE, SOLTANTO SE VISIBILMENTE  
SPORCHE! ALTRIMENTI, SCEGLI LA SOLUZIONE ALCOLICA!**



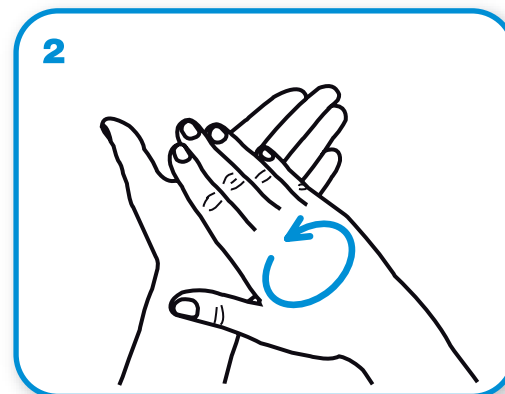
Durata dell'intera procedura: **40-60 secondi**



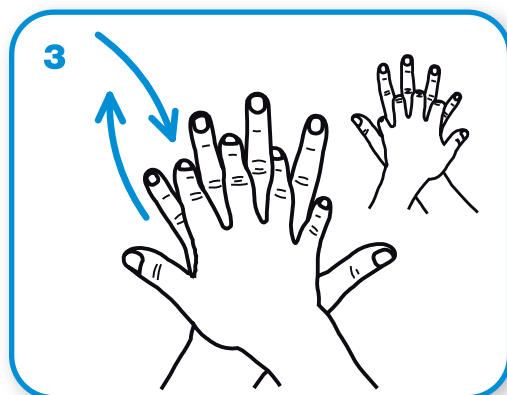
Bagna le mani con l'acqua



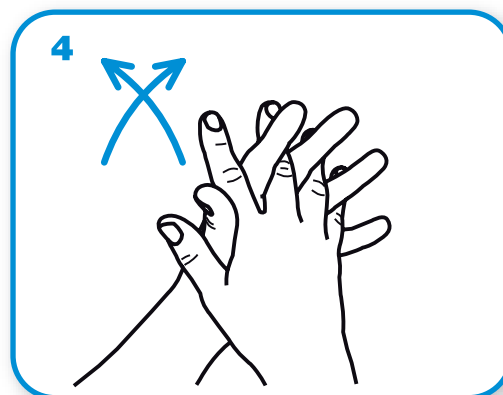
applica una quantità di sapone  
sufficiente per coprire tutta la  
superficie delle mani



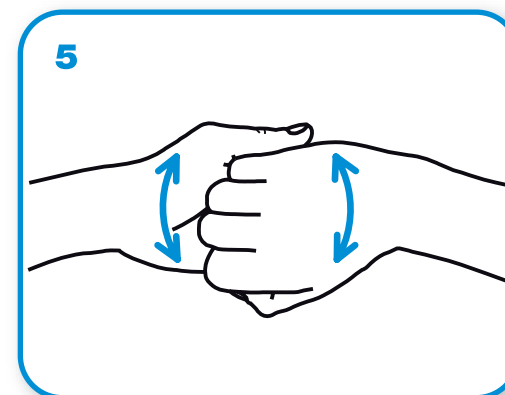
friziona le mani palmo  
contro palmo



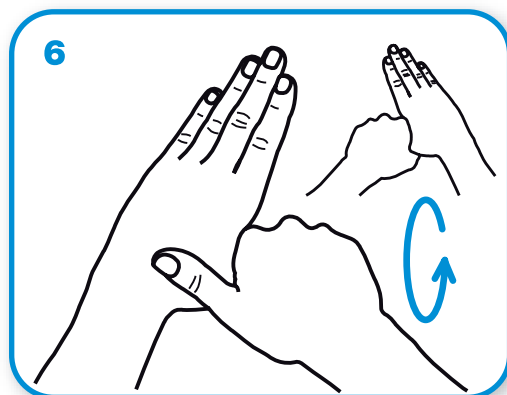
il palmo destro sopra il  
dorso sinistro intrecciando le  
dita tra loro e viceversa



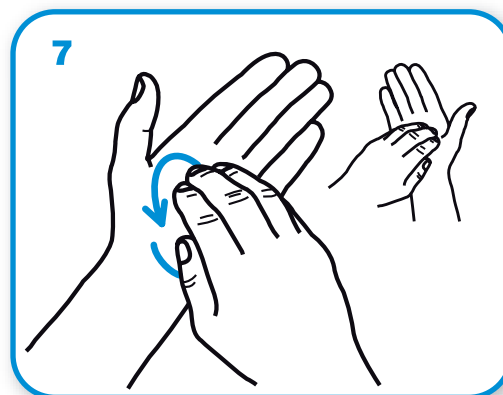
palmo contro palmo  
intrecciando le dita tra loro



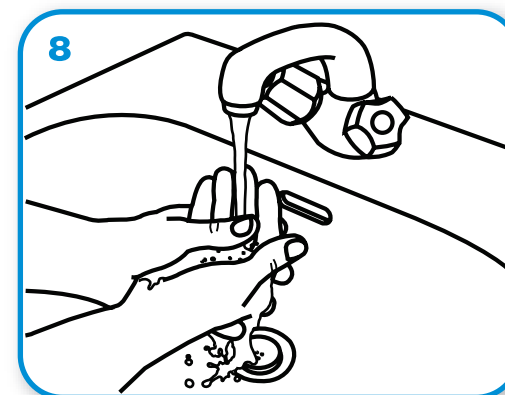
dorso delle dita contro il  
palmo opposto tenendo le  
dita strette tra loro



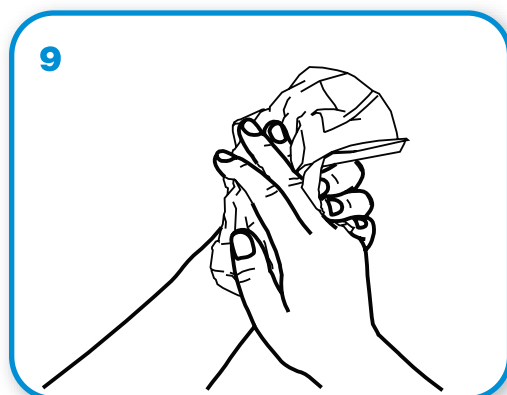
frizione rotazionale  
del pollice sinistro stretto nel  
palmo destro e viceversa



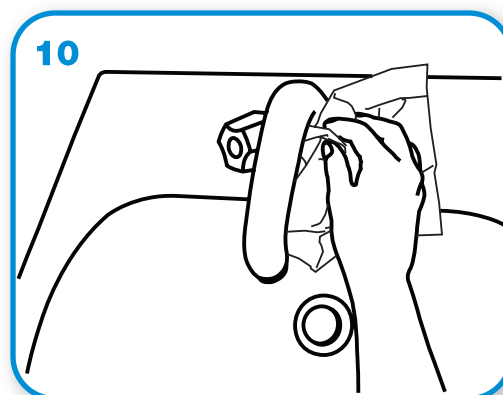
frizione rotazionale, in avanti  
ed indietro con le dita della  
mano destra strette tra loro  
nel palmo sinistro e viceversa



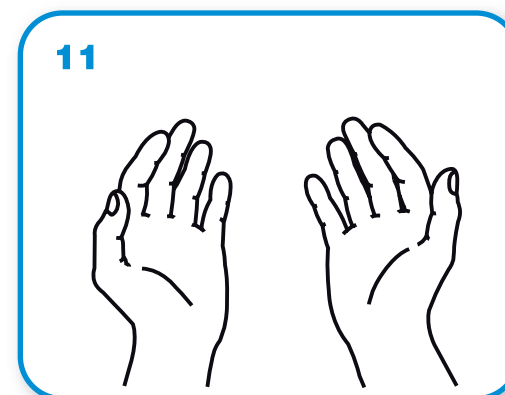
Risciacqua le mani  
con l'acqua



asciuga accuratamente con  
una salvietta monouso



usa la salvietta per chiudere  
il rubinetto



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

**WORLD ALLIANCE  
for PATIENT SAFETY**

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**World Health  
Organization**

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