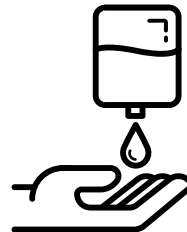


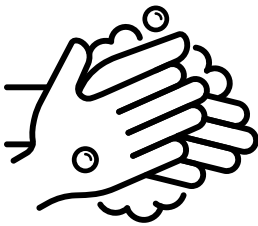
Como lavar as mans con auga e con xabón



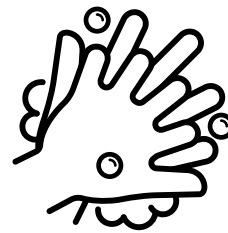
1. Molla as mans con auga



2. Deposita xabón suficiente na palma da man



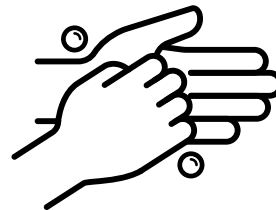
3. Frega as palmas das mans



4. Frega a palma dunha man contra o dorso da outra cos dedos entrelazados



5. Volve fregar as palmas das mans cos dedos entrelazados



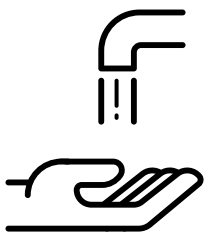
6. Frega o dorso dos dedos dunha man coa palma da oposta e realiza o mesmo proceso coa outra



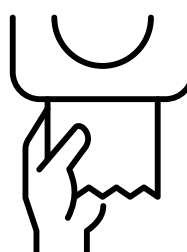
7. Cun movemento de rotación, frega o polgar agarrándoo coa palma da outra man



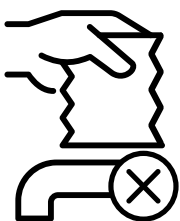
8. Frega as xemas dos dedos dunha man coa palma da outra con movementos de rotación



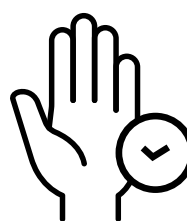
9. Enxauga as mans con auga



10. Sécaas cunha toalla desbotable



11. Utiliza a mesma toalla para pechar a billa



12. Este proceso débete levar entre 40 e 60 segundos