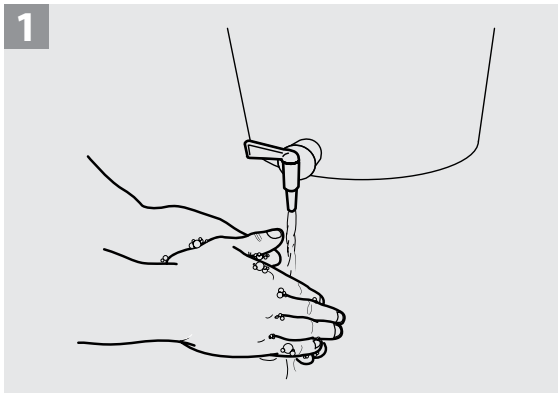
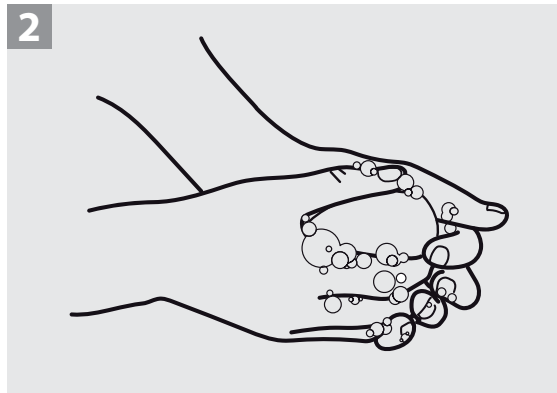


Unawishaji Mikono kwa Wafanyakazi wa Afya (Agents de santé)

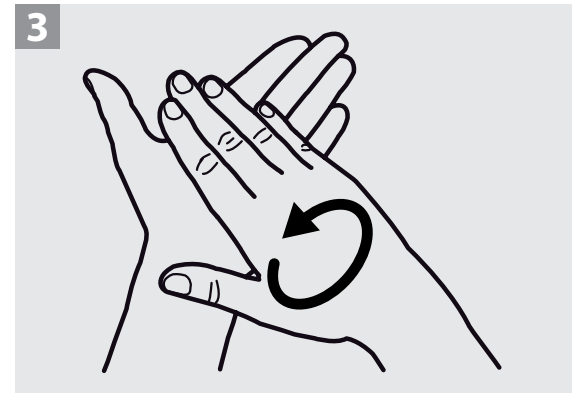
Nawisha mikono yako ukitumia sabuni na maji kwa secondes 20-30 mara moja tu kisha kutosha PPE. Ikiwa mikono yako iko na mchanga, nawisha mikono ukitumia sabuni na maji kwa secondes 40-60. Unaweza kutumia désinfectant ya mikono ao maji inayokuwa na chlore, ikiwa sabuni na maji haziko.



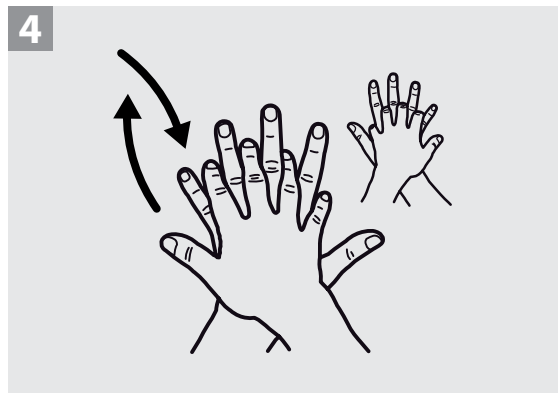
1 Lowesha mikono na maji.



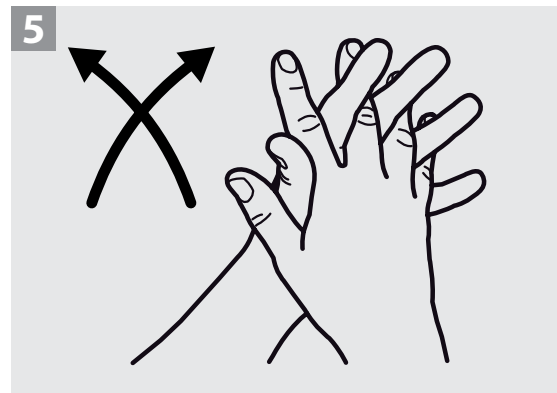
2 Pakaa sabuni katika kila sehemu ya mikono yako.



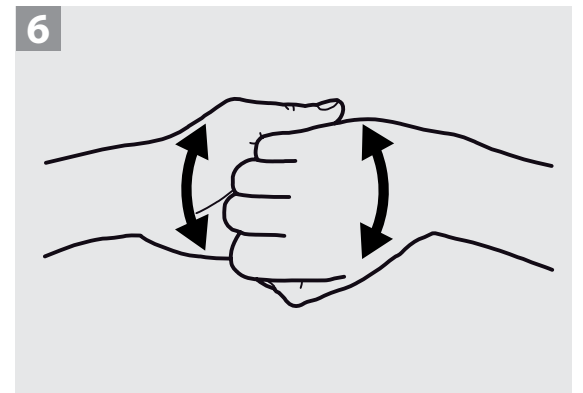
3 Sukua mikono yote mbili kwa njia ya mviringo.



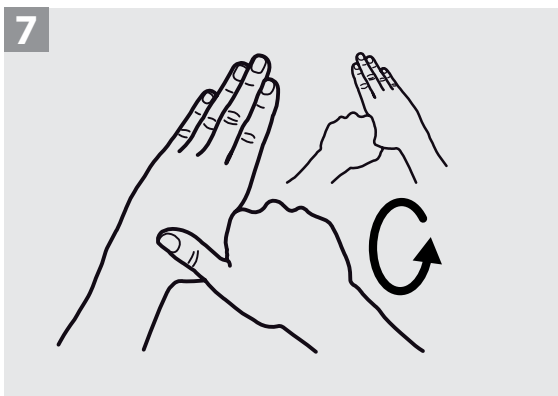
4 Weka kiganja (paume de main) cha mukono moja juu ya mukono nyingine na upakee sabuni juu na chini.



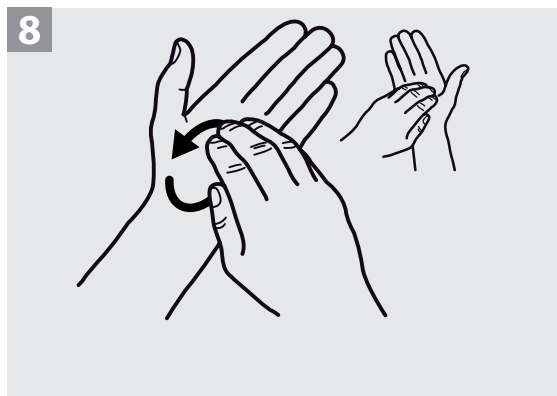
5 Shikanisha viganja vyote vya mikono na vidole kisha upakee sabuni juu na chini.



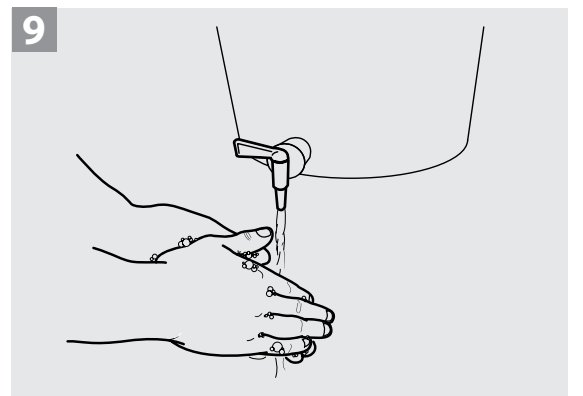
6 Weka vidole vya mikono yote mbili pamoja kisha upakee sabuni juu na chini.



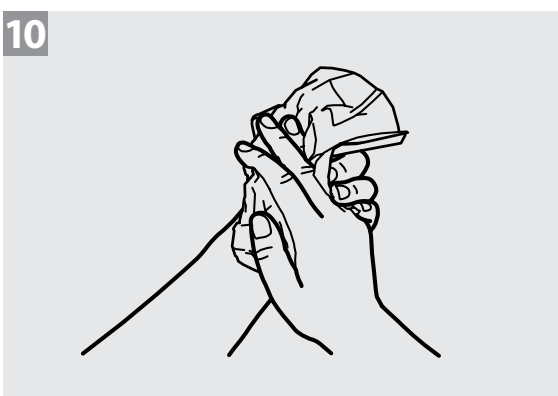
7 Nawisha piuces kwa kuviguzanisha vyote pamoja mara nyingi ukitumia kiganja cha mukono ingine.



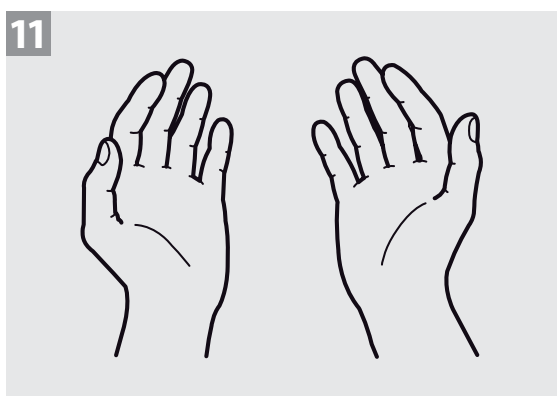
8 Nawisha viganja vyote vya mikono kwa kupakaa sabuni kwenye kiganja ukitumia vidole vya mukono huo ingine.



9 Safisha mikono kwa maji.



10 Kausha mikono kabisa ukitumia essuie-mains ya kutumia mara moja tu.



11 Sasa mikono yako ni safi.