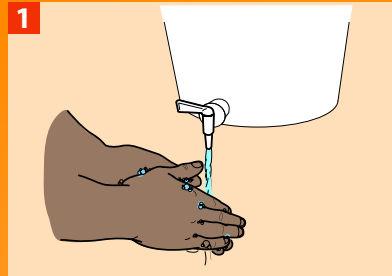
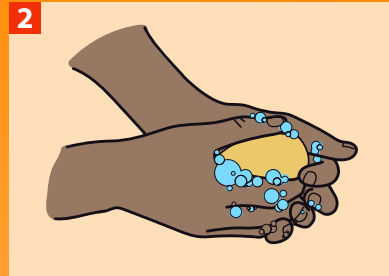


Kunawa Mikono

Nawa mikono ukitumia sabuni na maji kwa secondes 20-30. Ikiwa mikono ni michafu, nawa mikono ukitumia sabuni na maji kwa secondes 40-60, sio kwa kupanguza désinfectant na mikono. Tumia désinfectant ya mikono ao maji ile wameweka chlore, ikiwa sabuni na maji haziko.



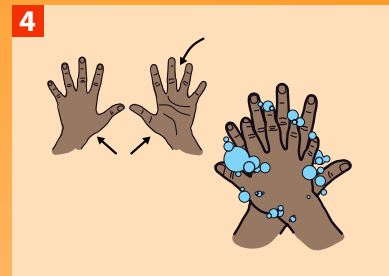
1 Kulowesha mikono na maji



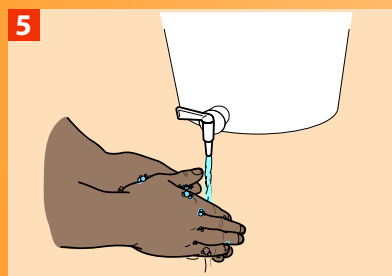
2 Paka sabuni ya kutosha ili ufunike sehemu zote za mikono.



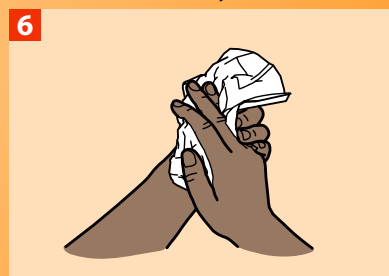
3 Saka mikono pamoja na usukue kila mahali.



4 Nawa sehemu ya mbele na nyuma ya mikono yako na katikati ya vidole vyako.



5 Safisha mikono na maji.



6 Kausha mikono kabisa ukitumia essuie-mains ya kutumia mara moja tu ao tumia hewa kukausha.

Wakati wa Kunawa Mikono

- Mbele, wakati na nyuma ya kutengeneza chakula
- Mbele ya kukula
- Mbele na nyuma ya kusaidia mtu mgonjwa
- Mbele na nyuma ya kutunza kidonda
- Nyuma ya kutumia choo
- Nyuma ya kubadilisha couche ao kusafisha mtoto kish kutumia choo.
- Nyuma ya kupanguza pua, kukohoa ao kuinternuer