



# Pravilno umivanje rok

Celoten postopek traja 40 - 60 sekund

[www.barjans.si](http://www.barjans.si) | 080 50 77



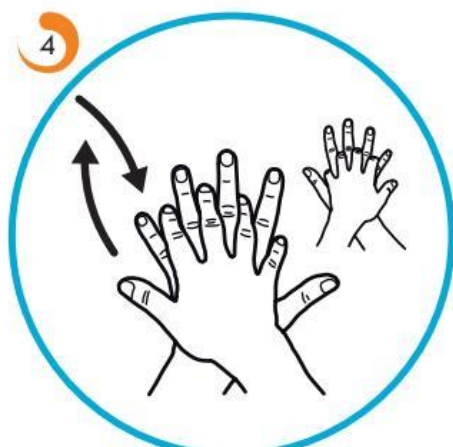
Roke zmočimo.



Nanesemo dovolj mila.



Drgnemo dlan ob dlan.



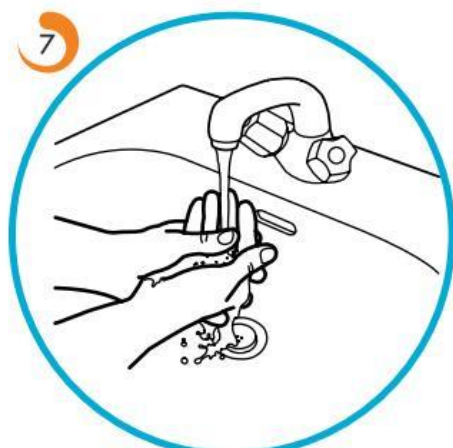
Umivamo med prsti.



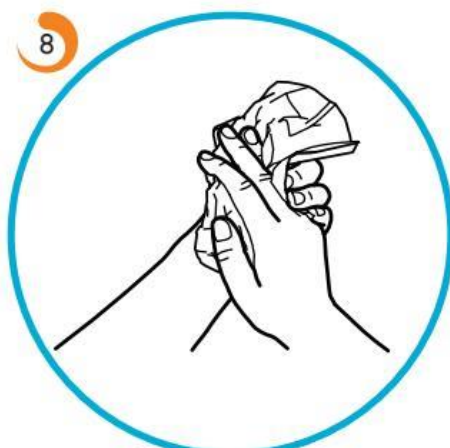
Drgnemo konice prstov vsake roke.



Umivamo vsako zapestje posebej.



Roke si temeljito speremo pod vodo.



Roke si do suhega obrišemo s papirnato brisačo.



S papirnato brisačo zapremo pipo.

# REDNO UMIVAJ ROKE!



1

**PRED  
JEDJO**



2

**PO UPORABI  
STRANIŠČA**



A

**ZMOČI**

Z ravno prav vode,  
da zmočiš roke.



B

**DRGNI**

Z milom vsaj  
20 sekund.



C

**SPERI**

Pod tekočo  
vodo.

**ČISTE ROKE  
REŠUJEJO ŽIVLJENJA!**

1



Preden zakašljate/kihnete si pokrijte usta in nos s papirnatim robčkom.

ali

2



Zakašljajte/kihnite v zgornji del rokava.

3



Papirnat robček po vsaki uporabi odvrzite v koš.

4



Po kašljanju/kihanju si umijte roke z milom ter vodo.



Narobe



Narobe



Pravilno

# Influenza A(H1N1)

## How to Protect Yourself and Others



Cover your nose and mouth with a disposable tissue when coughing and sneezing



Dispose of used tissues properly immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands