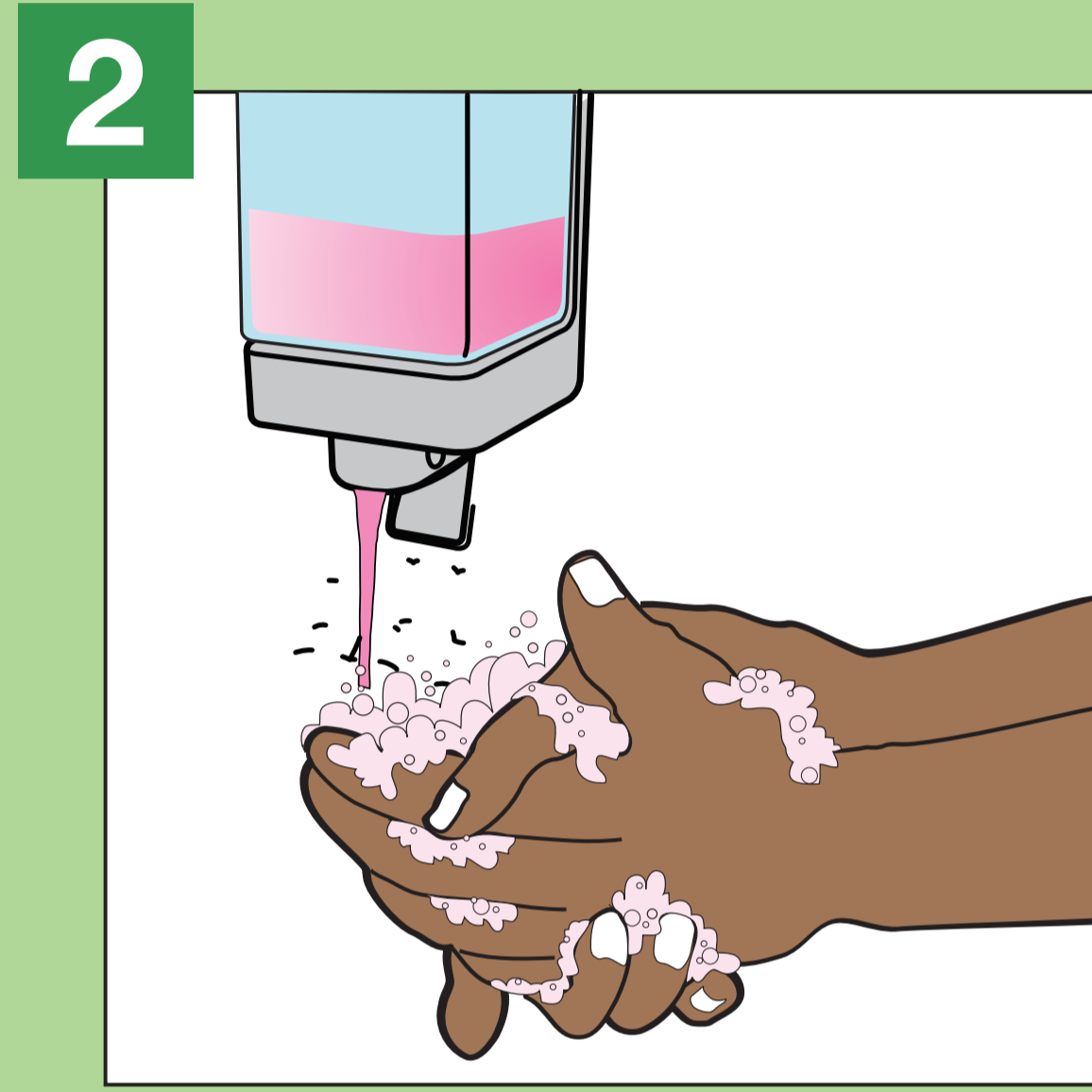


# OSHA MIKONO YAKO

- Kabla na baada ya kumhudumia mgonjwa
- Kabla na baada ya kuvaa gloves



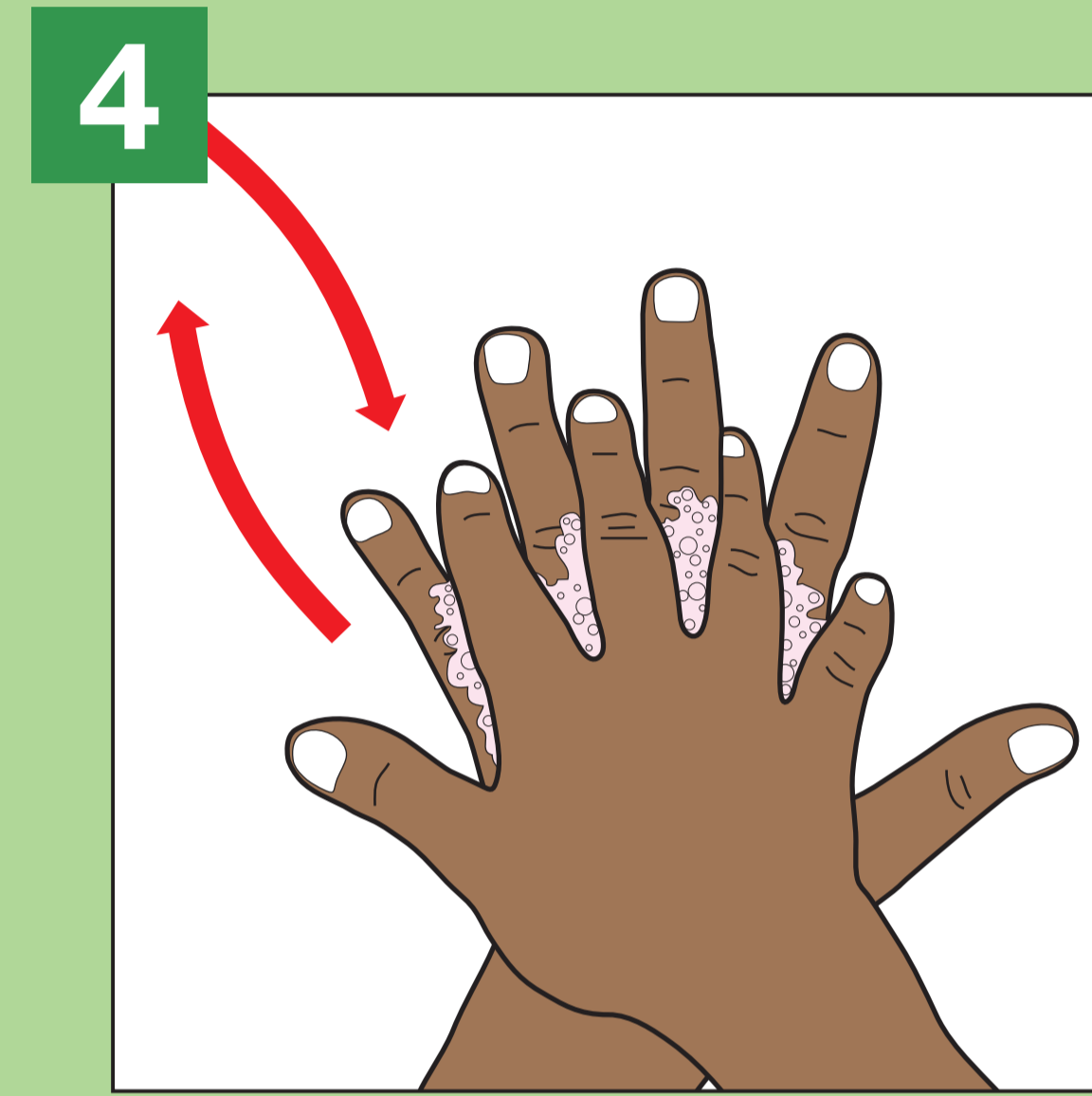
1 Loanisha mikono na maji



2 Paka sabuni sehemu zote za mikono



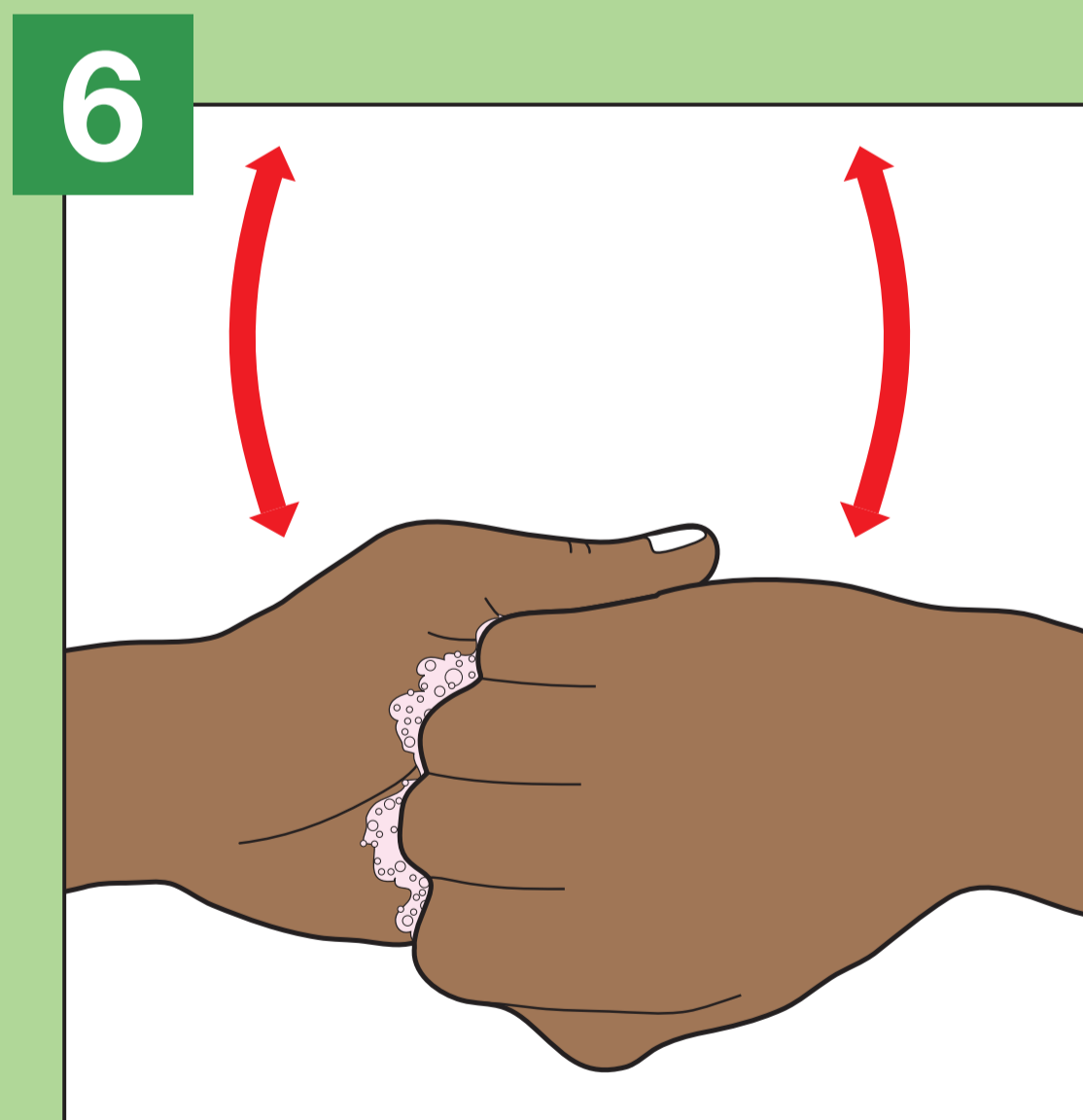
3 Sugua viganja vya mikono kwa pamoja



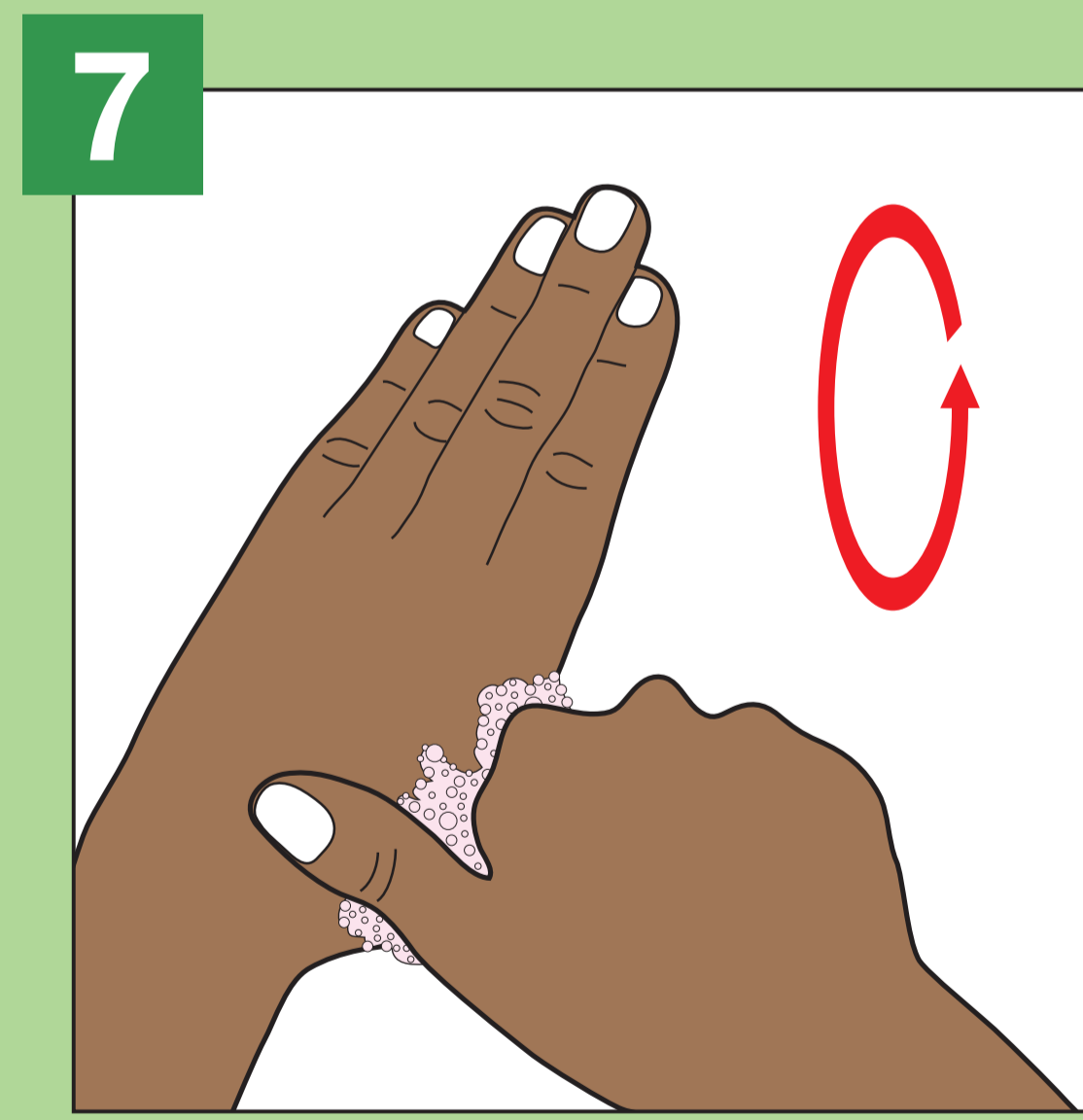
4 Sugua nyuma ya viganja vya mikono



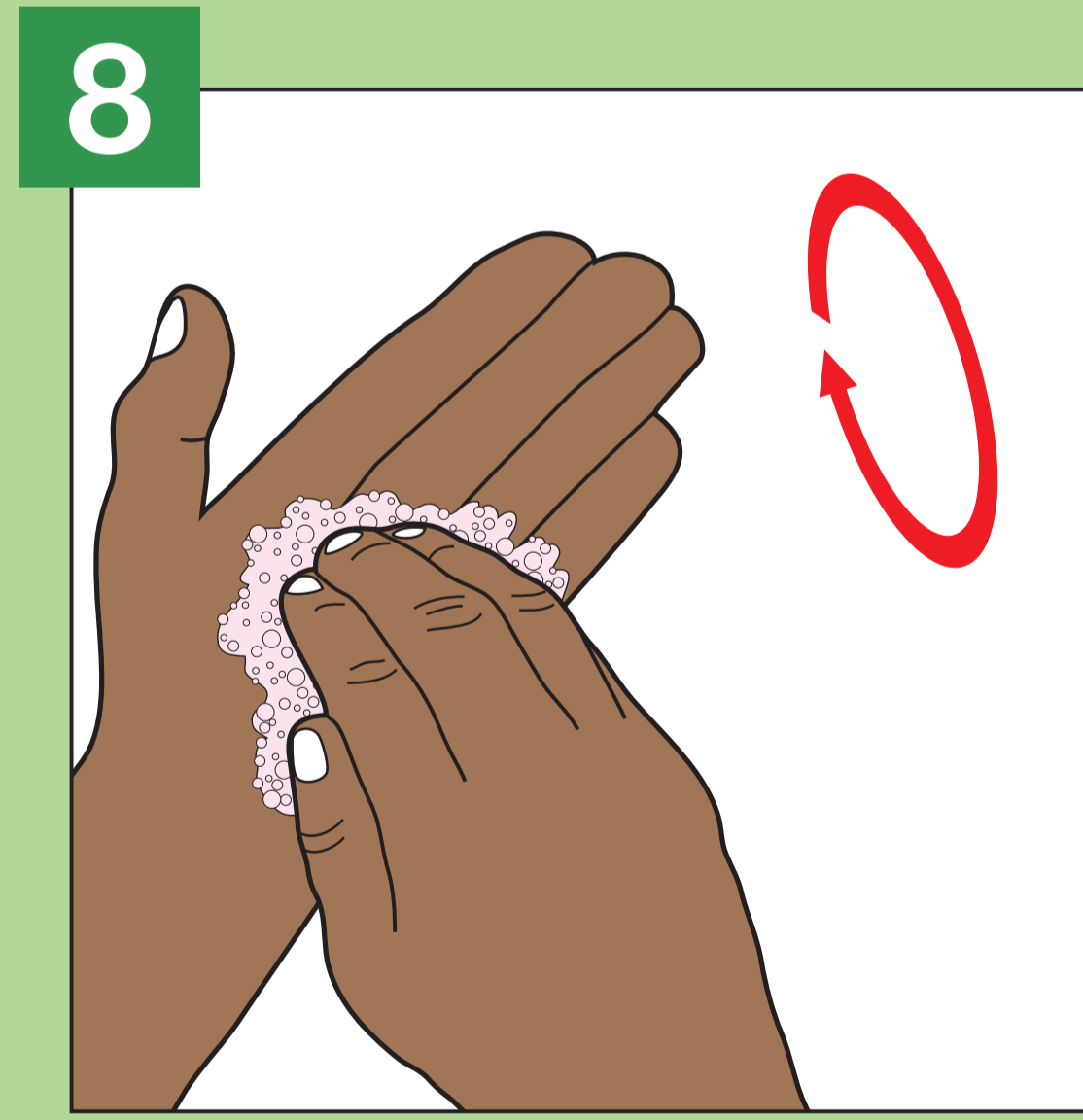
5 Sugua viganja huku ukiwa unapishanisha vidole



6 Sugua sehemu za vidole huku vikiwa vimefungamana



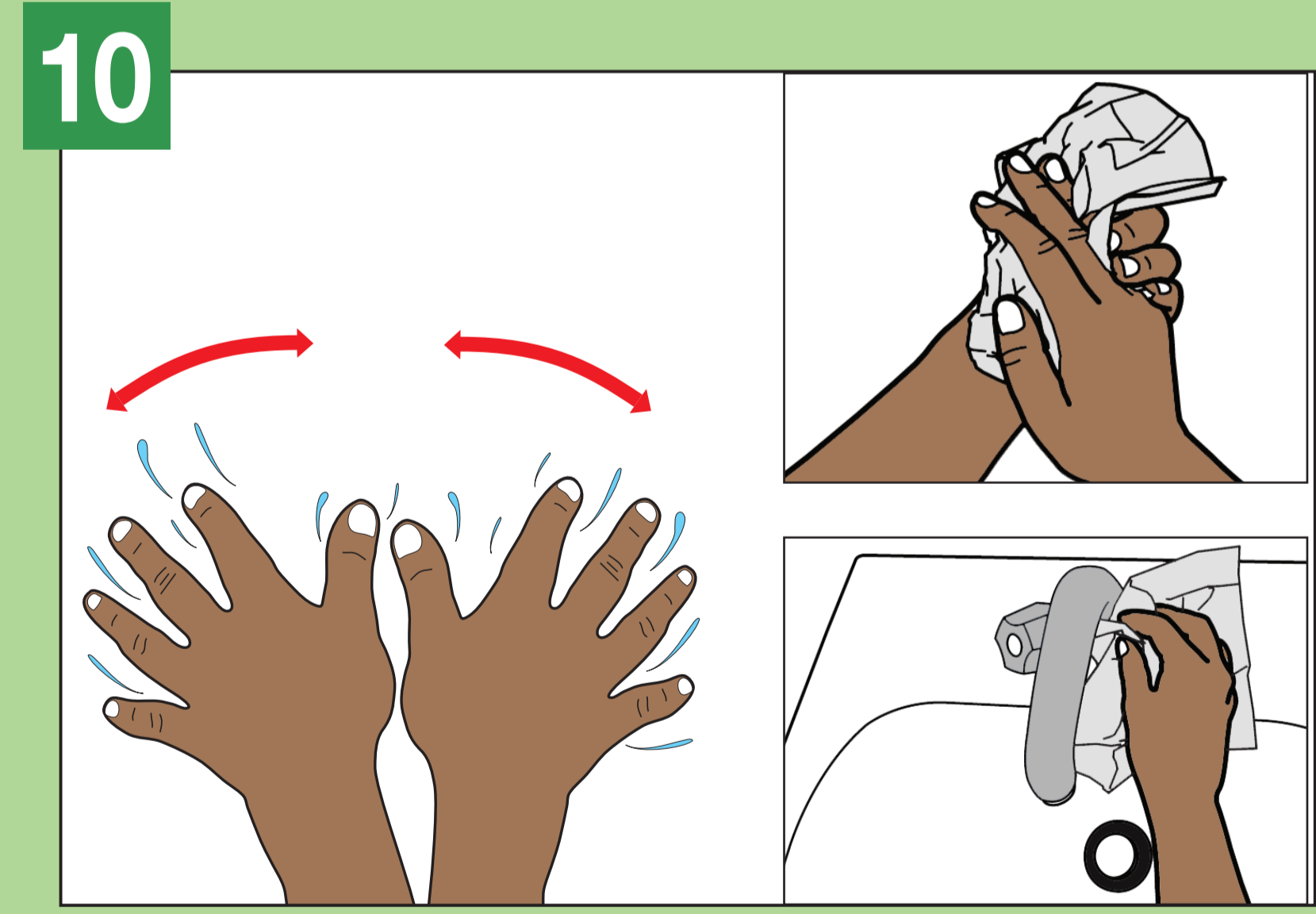
7 Sugua kidole kimoja baada ya kingine ukianza na dole gumba



8 Sugua mwisho wa vidole kwenye kiganja cha mkono



9 Suuza vizuri mikono na maji



10 Futa mikono yako kwa taalo, tishu au hewa, kisha tumia taalo au tishu kufunga bomba la maji