

# Les 6 étapes du lavage des mains



au moins

30 secondes



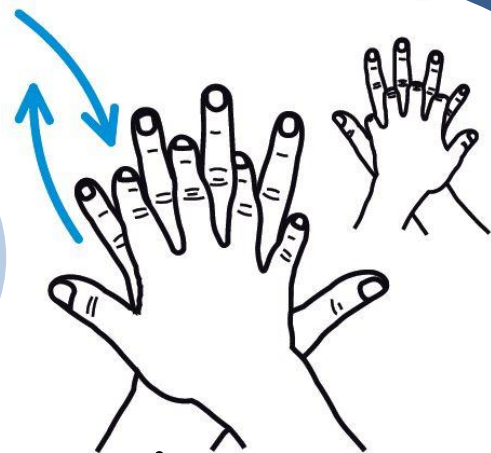
1



les paumes



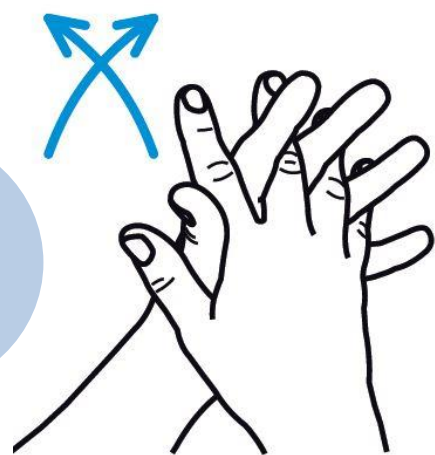
2



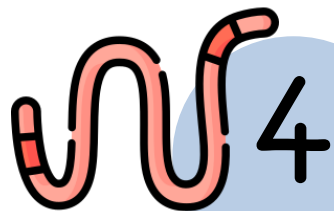
le dos des mains  
et des doigts



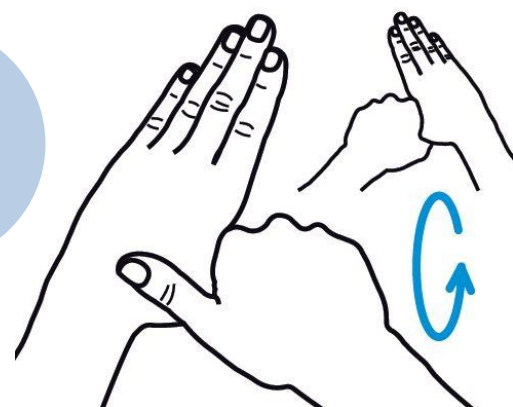
3



entre les doigts



4



les pouces



5



la pulpe des doigts  
et les ongles



6



les poignets