

Clean Hands Save Lives!

Čiste Ruke Čuvaju Živote!

- It is best to wash your hands with soap and warm for 20 seconds.
- When water is not available, use alcohol-base products (sanitizers).
- Wash hands before preparing or eating food and after going to the bathroom.
- Keeping your hands clean helps you avoid getting sick.

- Najbolje je da ruke perete sapunom i toplom vodom 20 sekundi.
- Ako voda nije dostupna, koristite proizvode na bazi alkohola (sredstva za dezinfekciju).
- Perite ruke prije pripremanja hrane ili jela i nakon odlaska u toalet.
- Čiste ruke vam mogu pomoći da izbjegnute oboljenje.

When should you wash your hands? Kada treba da perete ruke?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone the bathroom
- Before and after caring for someone who is sick
- After handling uncooked foods, particularly raw meat, poultry, or fish
- After blowing our nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood after or sewage
- When your hands are visible dirty

- Prije pripreme hrane ili jela
- Nakon odlaska u toalet
- Nakon promjene pelena ili brisanja djeteta koje je bilo u toaletu
- Prije i poslije brige o nekom ko je bolestan
- Nakon dodirivanja nekuhane hrane, pogotovo svježeg mesa, peradi ili ribe
- Nakon duvanja nosa, kašljanja ili kihanja
- Nakon diranja životinja ili životinjskog otpada
- Nakon diranja đubreta
- Prije ili poslije tretiranja posjekotine ili rane
- Nakon rukovanja stvarima koje su bile u kontaktu sa poplavom ili kanalizacijom
- Kad su vam ruke vidljivo prljave



Using alcohol-based sanitizer Korištenje sredstava za dezinfekciju na bazi alkohola

- Apply product to the palm of one hand.
- Rub hands together.
- Rub product over all surfaces of hands and fingers until hands are dry.
Note: the volume needed to reduce the number of germs varies by product.

- Sipajte proizvod na dlan ruke.
- Protrljajte ruku od ruku.
- Trljajte proizvod po rukama i prstima dok se ruke ne osuše.
Napomena: količina potrebna za smanjenje broja bacila zavisi od proizvoda do proizvoda.

Washing with soap and water Pranje sapunom i vodom

- Place your hands together under water (warm if possible).
- Rub hands together for at least 20 seconds (with soap if possible).
- Wash your hands thoroughly, including wrists, palms, back of hands, and under the fingernails.
- Clean the dirt from under fingernails.
- Rinse soap from your hands.
- Dry your hands completely with a clean towel if possible (this helps remove the germs), however, if towels are not available it is okay to air dry your hands.
- Pat your skin rather than rubbing to avoid chapping and cracking.
- If you use a disposable towel, throw it in the trash.

Remember: *If soap and water are not available, use alcohol-based sanitizer.*

- Stavite ruke ispod mlaza vode (tople, ukoliko je moguće).
- Trljajte ruke najmanje 20 sekundi (sapunom, ukoliko je moguće).
- Temeljno operite ruke, uključujući zglobove, dlanove, gornji dio ruku i nokte.
- Očistite prjavištinu ispod noktiju.
- Isperite sapun sa ruku.
- Osušite ruke pomoću čistog peškira, ukoliko je moguće (ovo će pomoći da se uklone bacili), međutim, ukoliko nemate peškir, možete osušiti ruke na vazduhu.
- Nemojte trljati kožu, već je obrišite kako biste izbjegli stvaranje ispucale kože.
- Ukoliko koristite peškir za jednokratnu upotrebu, bacite ga u kantu za smeće.

Zapamtite: *Ako vam sapun i voda nisu dostupni, koristite sredstvo za dezinfekciju na bazi alkohola.*

