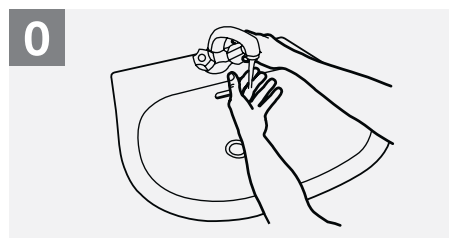
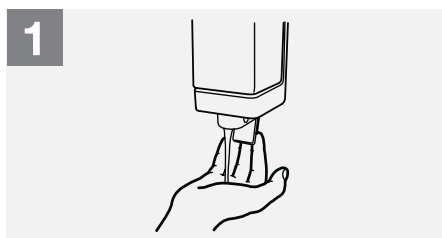


Si te Lani Duart?

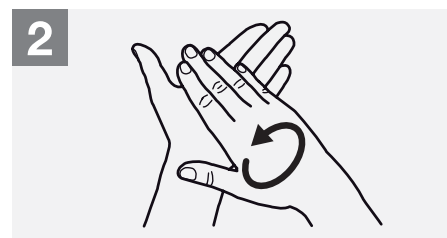
 Kohezgjatja e procedures: 40-60 sekonda



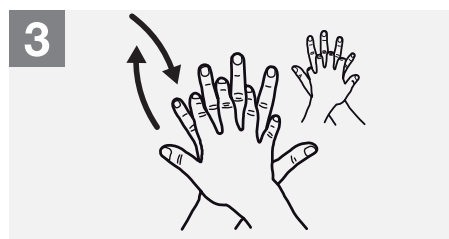
0 Lagni duart me uje



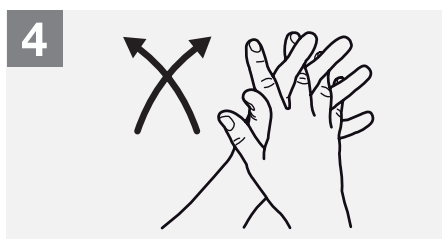
1 Hidhni sapun



2 Ferkoni pellembet me njera-tjetren



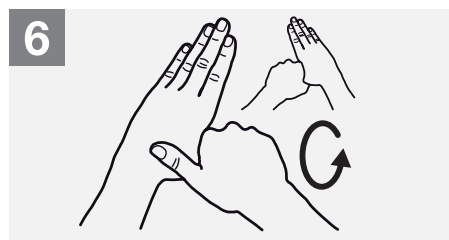
3 Me njeren pellembje ferkoni kurrizin e dores tjeter, duke kryqezuar gishtat



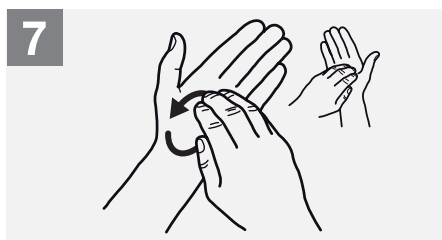
4 Ferkoni pellembet me njera-tjetren dhe gishtat e kryqezuar



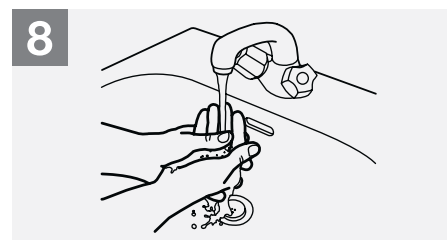
5 Ferkoni thonjte e njeres dore me pellemben e dores tjeter



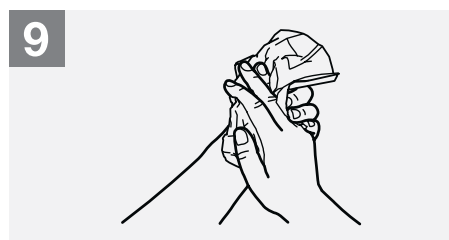
6 Ferkoni gishtin e madh te njeres dore me doren tjeter duke e rrotulluar



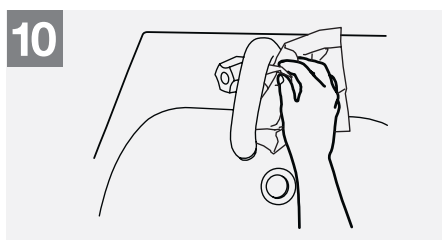
7 Ferkoni majat e gishtave te njeres dore tek pellemba e tjetres, ne menyre rrotulluese



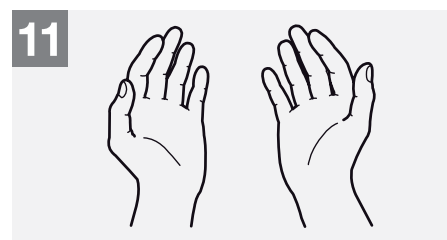
8 Shpelani duart me uje



9 Thani duart mire me nje leter nje-perdorimshe



10 Perdorni letren per te mbyllur rubinetin



11 Tani duart tuaja jane te pastra