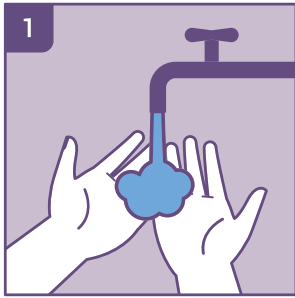
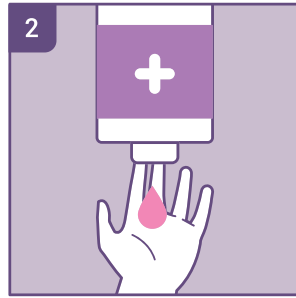


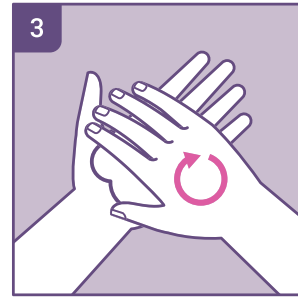
MABISANG PAGHUGAS NG KAMAY



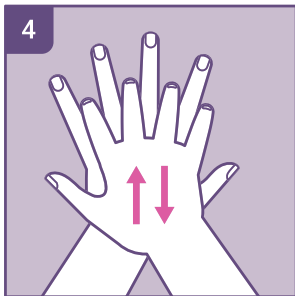
1 Basain ang kamay ng tubig



2 Lagyan ng sabon



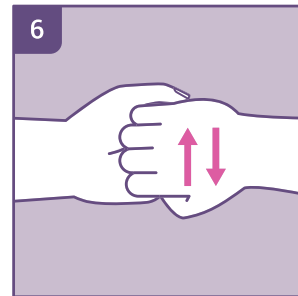
3 Kuskusin ang palad ng mabuti



4 Sabunin ang likod ng palad



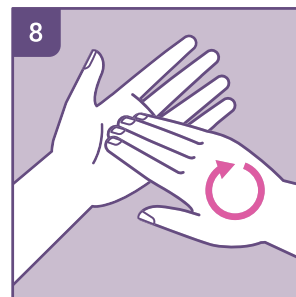
5 Kuskusin ang pagitan ng mga daliri



6 Kuskusin ang likod ng daliri sa magkasalungat na palad



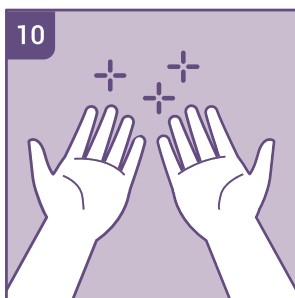
7 Pa-ikot na linisin ang hinlalaki



8 Hugasan ang mga daliri at kuko



9 Pa-ikot na kuskusin ang pulso



10 Banlawan at patuyuin ang mga kamay. **Malinis na ang iyong mga kamay!**

